

## Anna Jaques Hospital Birth Center FAQs

### What is the visitation policy?

- During labor and delivery only the patient's designated support people are allowed into the unit.
- We have a waiting area for other visitors.
- Beginning two hours after delivery, visitors are welcome at the mother's discretion.
- During flu season visitors and children may be restricted per Center for Disease Control guidelines.
- For the health of our newborns, we may ask visitors with a cough to wear a mask. We request that people who are sick do not visit the Birth Center.



**Tip!** Have visitors text before entering your room to ensure privacy or enable you to rest!

### What is “Family Rest Time”? Can I still have visitors during that time?

- Family Rest Time is designated on the Birth Center between 2–4 p.m. daily to encourage the family to rest or nap. We encourage no visitors during this time but it is up to you whether you allow visitors at this time.

### Is my husband or partner considered a visitor?

- No, he/she is considered your primary support person unless you choose someone else.

### Where will my support person sleep?

- All rooms are equipped with either a sleeper chair or couch.
- Your partner/support person is encouraged to stay with you overnight; however, we are unable to accommodate other visitors, including siblings or other children.

### What will my support person eat?

- He or she may bring food from home, purchase food from the cafeteria, or purchase meal tickets in the Gift Shop to use with the patient's room service menu. All rooms are equipped with a refrigerator and freezer.
- The Birth Center has a Nourishment Center with items such as bread, crackers, peanut butter, cereal, milk, juice, ginger ale, Jell-O, ice cream, popsicles, and Italian ice. You and your support person are welcome to help yourselves.
- A folder of take-out menus is also available at the Nurses' Station and our staff are happy to make recommendations!

**Tip!** Your support person will be given one celebratory meal ticket!

### How will my pain be relieved during labor?

- The Birth Center offers medical and non-medical options, including 24/7 anesthesia, nitrous oxide, a hydrotherapy tub, birthing balls, and massage and breathing techniques.
- The tub is available on a first-come, first-serve basis. All rooms are equipped with private showers.
- An in-house anesthesiologist is available 24/7 to provide epidural pain relief.

### Are there any rules for using the hydrotherapy tub?

- We have guidelines for using the tub to ensure safety. The use of epidurals and some high risk conditions will prohibit mothers from using the tub. At this time we do not offer water births.

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### How does the Birth Center keep my family and me safe?

- The Birth Center is a locked unit. An electronic band linked to our infant security system will be placed on your baby.
- Nurses, doctors, and midwives can see your baby's heartbeat and your contraction pattern from multiple locations on the unit with our central fetal monitoring.
- The Birth Center's nurse-to-patient ratio follows national recommendations. In active labor the ratio is one nurse to one patient. During delivery, two nurses are present in addition to your obstetric provider. Following birth, one nurse cares for two to four mother-baby couplets.
- All nurses are certified in fetal monitoring, baby resuscitation, attend mock drills on a regular basis, and receive continuing education specific to maternal child nursing.
- We have 24/7 neonatology coverage and a level 1B nursery staffed with nurses experienced in caring for sick babies.



### What if I need a C-section?

- Birth Center staff is experienced in providing care to mothers who deliver via Caesarean section.
- Our operating room is conveniently located on our unit, close to the labor and delivery rooms.
- After you are prepped for the procedure your support person may stay with you. After your baby is born he/she can be placed skin-to-skin with you while the surgeon completes the procedure.
- Patients recover in a special recovery area for 1-2 hours following a C-section. After that you will be brought back to a postpartum room. You may have visitors when you feel up to it.
- You will stay in the hospital for four days if you have a C-section. You may eat and drink as soon as you feel able. The staff will help you get out of bed within 12 hours of delivery.

### May I keep the baby with me at all times?

- Yes! In fact, we encourage it. Mothers and babies who spend time together, especially skin-to-skin, have an easier transition to home. Our staff are here to help you get to know your baby and learn techniques for caring for your baby.

**Tip!** Research shows that moms and babies who sleep near each other get more rest than moms and babies who are separated!

### How does Anna Jaques Hospital help mothers who choose to breastfeed?

- In addition to staff trained in the latest advances in breastfeeding, we offer assistance from certified lactation consultants. If you have any difficulty during your stay we encourage you to let us know so we can arrange a consultation.
- There is a breastfeeding class for expectant mothers on the first Monday of every month.
- After discharge there are free Mother & Baby groups on Tuesdays, Wednesdays, and Thursdays run by our lactation nurses. This is an excellent way to get support at home as well as meet other mothers in the community.
- The lactation consultant also sees patients on an outpatient basis after they go home if needed. Most insurance plans will cover this service.
- For babies that need supplementation for a medical reason we offer donor human breast milk.

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### Education Opportunities

Anna Jaques offers a variety of prenatal and family education classes, including: Childbirth Education, Infant CPR, Newborn Care, Infant Massage and Breastfeeding.

Visit [ajh.org/birthcenter](http://ajh.org/birthcenter) to learn more and register.



### When is the best time to introduce a pacifier to my baby?

The American Academy of Pediatrics recommends that pacifier use be delayed until after breastfeeding is going really well, or around one month of age. This is because frequent suckling at the breast helps to stimulate your body to build a strong milk supply. The more stimulation from your baby, the more milk you produce, and the faster your milk will come in.

Early use of a pacifier can cause the following problems:

- Interruption of the signals your body needs in order to produce a good supply of milk for your baby.
- Missed feeding cues and missed opportunities for breastfeeding.
- The baby to latch onto the breast like a pacifier, leading to sore and broken down nipples for mom.
- A delay in breastmilk fully coming in, leading to a tired mom and hungry baby.

### What should I bring to the hospital?

- For the mother, the Birth Center has basic toiletries, pads, disposable underwear, and linens. For breastfeeding mothers, we provide bra pads and lanolin cream. We also have breast pumps available. If you prefer your own items from home you are welcome to bring them. You may want to pack the following: deodorant, hair dryer, hairbrush, a comfortable wireless bra, snacks, music, camera, cell phone, charging cables for your phone and camera, flip flops or slippers, and an outfit to wear home. Most mothers find maternity clothing from when they were 5-6 months pregnant fits comfortably.
- For baby, the Birth Center provides diapers, wipes, linens, baby wash, and combs. You are welcome to bring your own items from home. Please make sure you have an outfit for the baby to wear home and your car seat ready to go. The car seat base should be installed and/or checked by a certified car seat technician.

**Tip!** Bring a sleep sack/swaddler from home so the staff can show you how to properly use them!

### Is it okay to use my cell phone/tablet/lap top?

- Yes, you are welcome to bring your personal electronics from home and use them. The Birth Center asks that you do not leave them unattended in your room.
- The hospital has free Wi-Fi access that does not require a password.

**Tip!** The Birth Center staff are happy to take your first family photo and help you capture special moments. Just ask!

## Neonatal Care Center at Anna Jaques

*Specialized care for babies – and their families – who need extra support*



Every parent plans to have a healthy baby who arrives on his or her due date. But sometimes babies arrive early or develop health issues. The Neonatal Care Center at Anna Jaques is staffed around-the-clock by specially-trained nurses who are experts in caring for these newborns. Neonatologists are available 24/7 as needs arise.

The Neonatal Care Center is a Level 1B nursery that can care for premature babies, low birth weight newborns, and babies with unexpected medical complications that arise during delivery, such as jaundice, low blood sugar, and infection.

### Our Team

You can take comfort in knowing your newborn will be in experienced hands if your baby arrives early or has a medical complication. Should the unexpected happen, a neonatologist is available to care for your baby 24 hours a day, 7 days a week, along with a team of skilled neonatal nurses. It's reassuring to know that most babies don't have to leave the community and be separated from their families while receiving the care they need.

### Feeding...Growing...Going Home

Some premature babies require the care of a Level III Neonatal Intensive Care Unit (NICU) at a Boston hospital during their first days or weeks. Once they are medically stable, the baby will be transferred back to where he/she can be cared for in a nurturing environment, and learn to feed and grow before they go home. Our highly trained team of doctors and nurses – can provide that extra level of care needed in this phase while supporting the family with this transition. Skin-to-skin or kangaroo care are encouraged. Parents are encouraged to participate as much as possible.

There are many advantages to receiving “step-down” care at Anna Jaques. While the care for babies remains the same, families save time and money on commuting and parking downtown, giving you more precious minutes with your baby. In fact, parents are welcome to visit at any time of day or night. Instead of a bustling NICU, you'll find a soothing, nurturing environment with nurturing environment for your family. Privacy curtains allow mom to pump breast milk at the bedside rather than in a nursing room. We also offer lactation support.

When it's almost time for your baby to go home, we offer a “rooming in” with your baby so that you become comfortable caring for him or her, knowing that our expert nurses are just down the hall. Although your baby may not be ready to go home right away, we'll help you feel as “at home” as possible in the Neonatal Care Center.

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