



Thank you for choosing to have your baby at The Birth Place!

We are looking forward to getting to know you, your family, and your new little one. Interpreter services and resources are available during your stay. Please let your nurse know if we can assist you with this. Here are a few things that you may need to know during your stay.

If you have not already done so...

- Select a pediatrician for your baby (a list of pediatricians is available if needed).
- Install your car seat and become familiar with how it works.

While you are here

- Visiting hours at The Birth Place are from 12:00 noon until 8:00pm.
- During labor, there can be up to 2 designated support people throughout the labor process.
- After delivery, there are up to 2 visitors (over the age of 16) allowed at the bedside (this is not including the banded support person or siblings)
- Siblings of the baby can visit during these hours but must be accompanied by an adult who is not the patient.
- We can accommodate one overnight adult guest for the length of your stay. Although siblings are welcome, there are no overnight accommodations for children.
- Your length of stay is determined by you and your care team based on your method of delivery and other factors. Please talk to your care team for additional details. On the day of discharge, anticipate leaving the hospital around 11:00am.

Are you hungry?

- Room service meals are available from 7:00am to 5:45pm every day by calling the number printed on your menu. Staff can assist you with ordering if needed.
- Following your delivery, your support person may order one free meal from the room service menu. Meal passes are available to purchase from the cafeteria if your support person prefers ordering with you from the room service menu.
- For visitors, the cafeteria (ground floor) is open on week days from 6:30am to 6:30pm and on weekends from 7:00am to 6:00pm.
- The coffee shop in the front lobby is open on weekdays from 7:00am to 5:00pm. The grill closes at 4:30pm.

Please let us know if there's anything we can do to improve your experience at The Birth Place.



A Member of  SOLUTIONHEALTH



Important Information

Keeping your baby safe at The Birth Place

- The Birth Place is a locked unit with controlled access at the front entrance. Please pause when entering or exiting to allow us to unlock the doors for you. Visitors will be given a pass when entering the unit.
- At delivery, four (4) ID bands with pre-printed matching numbers will be applied: one for Mom, one for another adult, and two for the baby. All bands need to remain on until the baby is discharged from the hospital. Any time you are separated from your baby, the bands should be checked and matched with yours when the baby returns. If any of the bands come off, notify your nurse immediately so that they can be replaced.
- Your baby must be in the presence of a staff member or banded adult at all times.
- Your baby will remain in your room except for brief periods for testing or procedures.
- Our electronic security system is called Hugs and Kisses. The baby will wear a "Hugs" tag, and the Mom will wear a "Kisses" tag. They are electronically connected and should not be removed or tampered with. Removing or tampering with the tags will trigger an alert on the unit. Alarms will sound if your baby is brought too close to an exit door, or to another Mother.

- Our clinical staff that care for you and your baby have a badge with a pink frame around our photos.
- While admitted, all of your baby's medical records will have Mom's last name. This is not anything permanent. It is just an additional safety measure to identify your baby as yours.

Sleep safety

- Babies should always sleep flat on their backs on a firm mattress. There should be no other bedding or soft objects in the bassinet with the baby. A sleep sack is provided while baby is in hospital.
- Keep the bulb syringe secured to side of bassinet. Ask your nurse for instructions for use, if needed.
- Place your baby in the bassinet when walking in the hallway.
- Your baby should only sleep in the bassinet. If you feel yourself falling asleep while holding your baby, place your baby in the bassinet. Other adults in the room should not doze or sleep while holding the baby. Ask for help, if needed.



southern
new hampshire
health

A Member of  SOLUTIONHEALTH