

WHAT TO EXPECT AFTER YOUR BABY ARRIVES

Building a Bond With Your Newborn

Abington Hospital – Jefferson Health is committed to providing the best maternity care possible, which is why we're a member of the Baby-Friendly Hospital Initiative. This global program encourages hospitals to offer an optimal level of care for infant feeding and mother-infant bonding.

As part of the initiative, you'll be encouraged to participate in skin-to-skin care and practice rooming-in with your newborn.



■ Skin-to-Skin Care

Mothers, regardless of feeding choice, will be encouraged to participate in skin-to-skin care. The practice of skin-to-skin will facilitate mother-infant bonding, ensure best practices for breastfeeding support, and provide a comfortable transition as your baby adjusts to life outside the womb.

When practicing skin-to-skin care, your baby is placed belly-down, directly on your chest immediately after birth wearing only a hat and/or a diaper. A warm blanket may be laid over the infant and mother once the baby is placed skin-to-skin.

Some of the benefits of skin-to-skin care for your newborn include:

- Reduces crying
- Regulates body temperature
- Improves quality of sleep

■ Rooming-In

Best practices suggest there is no better way for a mother to get to know her newborn than by having the baby at her side, so Mom can learn his or her habits and begin to understand his or her sounds.

Rooming-in means keeping your baby in your room 24 hours a day. Your newborn will receive care at the bedside, and will only leave your room for periods of up to an hour for hospital procedures or if separation is medically indicated. Keeping you and your baby together – from the time of birth throughout your hospital stay – will optimize attachment, bonding and breastfeeding. You'll also be happy to know mothers rest better when their babies are with them.

While it is important to hold your baby often, we encourage you to be well rested when doing so. If you are feeling sleepy, place your newborn in the bassinet to prevent him or her from falling.