




During **Labor** please “swap” a few support people at a time to keep Mom’s room from getting too crowded.
Immediately after **Delivery** there is a very important time when Baby needs to stay skin to skin with Mom as much as possible.



The **Golden Hour** **Skin-to-Skin**



The familiar **scent, voice, and heartbeat** of Mom reduce the immediate stress on Baby

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- The scent and feel of Baby helps Mom’s body to **adjust** and recover.
 - Mom’s chest heats up to keep Baby **warm**.
 - Baby **snuggles** as both transition from delivery
 - Mom’s body produces **milk...** and a yummy scent to help guide the way.

With **less stress** Baby has an easier time latching on and **nursing** for the first time.

Dad or Partner should also have skin-to-skin time. Baby recognizes an important person early on, stress is still reduced, and parenting confidence grows!

We ask **Visitors** to be patient. Please understand, no one will visit Baby or know weight or measurements until **after** this precious snuggle time with parents!

Visiting hours on the postpartum units are **11 a.m. to 8 p.m.** Visitation in the NICU has different rules; please ask your nurse. All visitors need to be **healthy** (no cold/flu symptoms, fevers, diarrhea, etc.) While healthy siblings can visit, we ask that all other visitors be 14 or older. (Sibling visits may be restricted during flu and RSV season.)