

Women and Infants Center
Your Hospital Stay



HSHS
 St. Vincent
St. Mary's

Whether or not this is your first time, every birth is a miracle. Thank you for choosing HSHS to be a part of this special time in your life.

Breastfeeding

HSHS values breastfeeding as the best and safest way to feed your baby. To support you and your family, a lactation specialist will see you in the hospital and they are also available by phone or outpatient consultation after you go home.

Regardless of the method you choose to feed your baby, you will be allowed time, privacy and support to achieve the goals you set for yourself and your new baby.



BREASTFEEDING BENEFITS

- Breast milk is always available at the right temperature.
- Breast milk is fresh and changes each day specific to your baby. During breastfeeding, your baby learns to self-regulate eating and has less risk of obesity later in life.
- Mothers who breastfeed have a lower incidence of heart disease, obesity, diabetes, breast and ovarian cancer and osteoporosis.
- Breastfeeding is environmentally friendly and free.
- Breastfed babies are healthier, have fewer ear infections, and have less risk of respiratory and gastrointestinal infection. The protection given by human milk extends beyond the time of breastfeeding.
- The American Academy of Pediatricians states: Human milk is species-specific, while all substitute feeding preparations differ markedly. This makes human milk uniquely superior for infant feeding. They further recommend exclusive breastfeeding for approximately the first six months and support for breastfeeding for the first year and beyond, as long as mutually desired by mother and child.

Baby-Friendly Hospital Initiative

To ensure you receive the best possible medical care by the area's baby experts, providers and staff at HSHS St. Vincent and St. Mary's Hospital have gone through extensive training to become nationally certified by the Baby-Friendly Hospital Initiative. St. Vincent Hospital has been Green Bay's only baby-friendly hospital since 2015, while St. Mary's Hospital Medical Center is on its way to achieve certification in 2018.

Ten Steps to Successful Breastfeeding

Every facility providing maternity services and care for newborn infants should:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in the skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation even if they are separated from their infants.
6. Give infants no food or drink other than breastmilk, unless medically indicated.
7. Practice rooming-in-allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birth center.

The Ten Steps to Successful Breastfeeding form the basis of the Baby-Friendly Hospital Initiative, a worldwide breastfeeding quality improvement project created by the World Health Organization and the United Nations Children's Fund.

Mothers who make an informed choice, understand the possible health consequences of feeding breastmilk substitutes and choose not to breastfeed their infants will be supported at this facility.

Baby-Friendly® hospitals and birth centers also uphold the International Code of Marketing of Breast Milk Substitutes by offering parents support, education, and educational materials that promote the use of human milk rather than other infant food or drinks, and by refusing to accept or distribute free or subsidized supplies of breastmilk substitutes, nipples, and other feeding devices.





Current medical research supports new and exciting ways you are cared for at HSHS.

Skin-to-skin

Skin-to-skin contact means your care provider will deliver your baby and then place him or her belly-down directly on your chest. Your nurse will be there with a warm blanket to cover you and your baby. Quiet time is encouraged during this first hour as this is the time for mom or dad to hold the baby skin-to-skin, as it promotes the following benefits for mom and baby.



MATERNAL BENEFITS

- Increased responsiveness to your newborn
- Positive impact on bonding up to one year
- Reduced perception of pain
- Reduced incidence of postpartum depression
- Helps mom meet her breastfeeding goals



NEWBORN BENEFITS

- Calmer and cry less
- Blood glucose is more stable
- Smooth transition to extrauterine life
- Warmer on mom's skin
- Triggers feeding reflexes and increases breastfeeding success

Learning to care for your baby

If you feel nervous about caring for a newborn, you're not alone. Your nurses are experienced and will teach you how to care for baby, as we recognize that is an important part of your hospital stay.

Family or a support person are welcome as you may find them helpful during your hospital stay. For you and your baby to begin to bond, it is important that you remain together 24 hours a day. This is called rooming in; it has advantages and has been proven to be beneficial in preparing you to care for your new baby.



WHAT ARE THE ADVANTAGES OF ROOMING-IN?

- Being close to mom makes it easier for babies to get used to life outside the womb.
- When babies feel their mom's warmth, hear her heartbeat, and smell her, they feel safe.
- Babies get to know their mom by using their senses. They are able to tell the difference between their mother's smell and that of another woman by the time they are one to two days old.
- Babies' attachment instinct is highest during the first days of life. Early attachment has a positive effect on brain development.
- Frequent breastfeeding will help to produce mother's milk sooner and keep up milk supply.
- Babies gain weight better.
- Women exclusively breastfeed longer.
- Rooming-in helps babies regulate their body rhythms. This includes heart rate, body temperature, and sleep cycle. Nurseries typically have lights, noise, and other distractions that can interfere with body rhythms.
- Babies sleep better and cry less. It is less stressful for your baby.



WHAT ARE THE ADVANTAGES OF ROOMING-IN? (CONT.)

- Babies develop less jaundice.
- You can get to know your baby better.
- You are better prepared to take care of your baby.



WHAT ABOUT MOTHER'S SLEEP?

- Studies show that mothers get the same amount and quality of sleep when their babies room in as when they are out of the room.
- Rest during the day when your baby sleeps. Your nurse can help with limiting daytime interruptions and phone calls if you'd like.



BETTER OPPORTUNITY TO GET TO KNOW ONE ANOTHER

- When babies stay in the same room, mothers learn to recognize feeding cues because they are not separated.
- You will be better prepared to care for your baby at home as our staff will guide you through those first few nights.



WHAT IF I HAD A CESAREAN DELIVERY?

- It is especially important for a loved one to plan to stay with you. This way, while you are recovering you'll still have the benefits of rooming in and spending time together.



Use of pacifiers and infant formula

To help you be more successful with breastfeeding, the use of a pacifier is not encouraged. Medical evidence has shown introducing a pacifier or bottle nipple in the first four weeks of life may be harmful to breastfeeding; your nurses can work with you on other options.



WHAT IF MY BABY IS PREMATURE OR REQUIRES MORE INTENSIVE CARE?

- If your baby requires a higher level of medical care, he or she will be transferred to our Neonatal Intensive Care Unit (NICU). Your baby will be evaluated and cared for by a highly qualified team of nurses and physicians.
- Mothers of babies in the NICU will be encouraged and taught to initiate and maintain their breast milk supply.
- It is important to start pumping breast milk for your baby within the first six hours after delivery.
- Breast milk is even more important to NICU babies.
- NICU babies also benefit from skin-to-skin contact which is called "Kangaroo Care" in the NICU.
- Lactation Specialists are available to assist NICU moms with collection of breast milk and breastfeeding of their NICU baby.



HSHS St. Vincent Hospital
(920) 433-8300
stvincenthospital.org

HSHS St. Mary's Hospital Medical Center
(920) 498-4212
stmgb.org