



## *Welcome!*

On behalf of everyone at **Frederick Health**, the BirthPlace staff would like to extend a warm welcome to you and your family. We're committed to providing the excellent healthcare that our growing community has trusted for generations.

Thank you for choosing us as your healthcare partner for the birth of your child. We offer our best wishes to you and your family as you experience this joyous event together.

At **Frederick Health Hospital**, protecting the health and safety of our patients is *always* our top priority. Please keep this in mind as you review our basic hospital policies, and feel free to ask our staff any questions you may have.

***"When it comes to our patients, we deliver."***

## *Visiting the BirthPlace*

**Labor & Delivery Unit:** We respect your decision to share your childbirth experience with loved ones. However, there is a limit of **four visitors at a time** permitted in the **Birthing Room** to ensure the safety of mother and baby.

**Waiting** - Visitors leaving the birthing room are requested to keep the Labor & Delivery hallways clear so that staff always has quick access to patient's rooms.



**The Cafeteria** is open daily ~ hours vary. This is a great place for family & friends to gather for a meal or snack while waiting for that special delivery to arrive!

**The Coffee Bean** Coffee/Snack shop is located near the BirthPlace entrance. Hours vary.

**Vending machines** are available in various locations including inside entrances and the cafeteria.

Our Hospital **Gift Shop** (located near the first-floor Visitor Elevator) offers a selection of gifts for mom & baby including cards, flowers & balloons.

***Frederick Health Hospital is a non-smoking facility***

## *Visiting the BirthPlace*

**Birthing Suite** - (Labor & Delivery) - **Four visitors at a time** permitted in the patient's room (this includes the patient's primary support person). Siblings of newborn must be supervised by an adult (other than the patient's primary support person).

**Family Center** - (Mother-Baby Unit) Newborn's father/support person may be present 24-hours-a-day.

Only one overnight guest per room is permitted. This unit is for postpartum and newborn care after delivery.

\***Siblings of the Newborn** - Noon to 8 p.m.

\***Adult Family & Friends** - Noon to 8 p.m.

\*Children under 12 years of age are not permitted, unless they are siblings of the newborn.

\***A maximum of six visitors** at a time (regardless

## **Neonatal Intensive Care Unit ("NICU")**

**Baby's parents** - (bandholders) - 24/7 visiting

**Adult Visitors** - 2 max. at a time (includes bandholder)

**Siblings** - Ages 6 & older - weekends only - 4 to 8 p.m.

(\*siblings must be up-to-date on vaccinations and should refrain from visiting NICU during flu season).

### **"It's your Call"**

In order to respect your privacy while a patient on the **Birthing Suite**, "it's your call" whether to place or receive telephone calls.

The phone number to your private birthing suite is located on the white board in your room.

Please share this number with discretion. Generally, staff will refrain from transferring incoming calls to your birthing suite.

After your baby is born, and you are a patient on the **Family Center**, friends and family may call your new phone number directly or with staff assistance.

## **Enjoy your TV**

The remote control is located on the device clipped onto the bed pillow.

This multi-purpose device controls your TV, room lighting, and also serves as a communication system to "call" nursing staff with care requests.

Check out  
**"The Newborn Channel"**  
(Channel 85 or 86)

Start watching online  
anytime!

[www.thenewbornchannelnow.com](http://www.thenewbornchannelnow.com)

**PASSCODE: 01052**

## **Guidelines**

\*New parents should instruct anyone with a cold or other illness to postpone visiting, since a newborn's immune system isn't yet fully able to ward off disease.

### **\*Reminder**

**Visitors should wash their hands** thoroughly with soap & water before holding the newborn.

**Remember!** Hand washing is the single best method to prevent infection!  
**Hand Sanitizer pumps are available for visitor use inside and outside of all patient rooms.**

## **BABY BEST**

***Breastfeeding Education & Support Together***

This hospital-based program offers prenatal breastfeeding classes, breastfeeding support, a weekly Mother's Group, and other related services.

**Baby Best class registration:**  
240-566-4367

**Breastfeeding support:**  
240-566-3880

### **"Mother's Group"**

**Breastfeeding Support Group**  
Every Friday afternoon  
**1:30-3:00 p.m.**

Family Center Conference Room  
(next to the Baby Best office)

\*Bring your baby  
\*No registration needed  
\*No charge

# *Safe at the BirthPlace*

You'll have peace of mind knowing that every precaution has been taken to keep you and your baby safe and sound.

## **Safety measures in place on our unit include:**

### **~ Entry-Access Badges**

All visitors must obtain a separate Security Badge to enter each unit of the Birthplace ~ Labor & Delivery, Family Center (Mother-Baby) and the NICU. **VISITOR BADGES ARE AVAILABLE FROM THE SECURITY DESK** - inside **HOSPITAL ENTRANCE #3 (BLUE ENTRANCE)** Mondays - Fridays, 7 a.m - 8 p.m. During alternative hours and weekends, badges may be obtained from the **Emergency Department Security Desk**.

### **~ "Hugs" Infant Security System**

"Hugs" is the state-of-the-art security system in operation at the BirthPlace. A security tag is placed on your baby's ankle in the newborn nursery after delivery. This enables the baby's location to be monitored via computer 24-hours-a-day. In the event a security breach was to occur, our hospital alarm & "lockdown" system is immediately activated to protect your baby.

### **~ BirthPlace Staff Badges**

Staff authorized to care for your baby are easy to identify and verify by their **Frederick Health photo I.D. badge**.

### **~ Matching hospital I.D. Bracelets**

are placed on mother, baby, father of the baby or significant other designated by the mother.

### **All Babies on Board!"**

Our safety policy requires that babies be transported in their cribs around the BirthPlace.

In order for the BirthPlace to remain safe and secure, we strongly encourage parents, families, and visitors cooperate with all safety guidelines.

## *First Pictures*

With your permission, a professional photographer will visit you in the comfort of your room to take a complimentary digital portrait of your newborn.

If you wish to purchase a photo package, birth announcements or other keepsake, the photographer will assist you with placing your order at your bedside. Information will also be provided at that time regarding web access to your photos.



**Photography & videotaping of your delivery is permitted – but *always* at the discretion of your attending physician and nurse with signed consent.**

### **Maryland's Car Seat Safety Law requires**

your infant ride home in an appropriate infant safety seat. The seat needs to be installed ***prior to hospital discharge.***

To schedule a free car seat safety check, call the



**FREDERICK COUNTY CAR SEAT  
HOTLINE  
301-600-SEAT (7328)**