



Women's Hospital

Having a Baby? Visitation Guide for You, Family and Friends

Having a baby is an exciting and busy event! New mothers and babies need lots of rest and time to be together to learn about one another. In response to these needs, as well as to keep new babies from being exposed to illness, the Women's Hospital maternity areas of Greenville Health System (GHS) have special visiting policies. These areas are The Family Birthplace, Family Beginnings and Women's Specialty.

At Women's Hospital, we believe that having a baby is a family affair and that our services are best provided using a family-centered approach. Research tells us that bonding between a mother and baby occurs through sensory means (hearing, seeing, touching, smelling). This is why we encourage our mothers to keep their babies in the room with them. Nursing care during this time is focused on teaching and role modeling while providing safe, high-quality care.

Upon admission to GHS' Women's Hospital, a mother can designate a Care Partner who will receive a special badge allowing him or her access to the hospital at any hour. The Care Partner—a family member or close friend at least 18 years old—will participate in the mother's physical, emotional, educational and spiritual support.

Frequently Asked Questions for OB Patients at Greenville Memorial Hospital

To meet the needs of our patients and families, the following guidelines have been established for the maternity units at GHS' Greenville Memorial Hospital (GMH). If you have questions or concerns, please share them with your nurse.

Where do I park when I am in labor?

Enter Greenville Memorial Medical Campus through Entrance 4 (main entrance) located on Grove Road. You will be facing Greenville Memorial Hospital. As you drive toward the hospital, you will see a small parking lot to your left with a sign that reads "Reserved Parking Mom-to-be." Pull up to the entrance and press the button. Security will raise the arm to allow you access to the parking lot. After you and your Care Partner are settled in The Family Birthplace, we ask that your Care Partner move the car to allow other laboring patients access to the parking lot.

Where do I go when I arrive at the hospital?

Enter the hospital through the main entrance, which is open

and staffed 24 hours a day. If you need assistance, someone will be there to help you.

Take the atrium elevators to the sixth floor and go left to OB Triage. OB Triage is located through the frosted sliding doors. You may find it convenient not to bring in your bags with you. Your Care Partner can bring your bags once you have been admitted.

When can my Care Partner visit?

The Care Partner may be with the patient anytime, at the patient's discretion. Care Partners can offer comfort and social support as well as participate in providing a safe, meaningful healthcare experience. They also may visit the Turrentine Patient Education Center and Healing Garden and enjoy other benefits while at GMH. Ask your nurse how your Care Partner may take part.

How many visitors are allowed in OB Triage?

We ask that you limit your visitors to two at a time. Other visitors may remain in the waiting area and exchange places with one another at your request.

Who can visit me during labor?

This is your choice as the mom. There is no rule to say who or how many people can be with you, as long as the number of people present does not interfere with our ability to safely provide you with the best care. Please remember that space is limited in the birthing rooms, and as your labor progresses you may want to be alone with your partner. We offer a waiting area for friends and family members you want nearby but not with you in the labor room.

For safety and infection reasons, children other than your own should not visit during labor. If your children wish to visit, we ask that they be accompanied by an adult who is there to support and care for them.

Visitation Signs

Family Beginnings provides each patient with two visitation signs during her stay:

- Please come in—visitors welcome!
- Please allow us privacy—we're having family time.

Can my other children be present for the birth?

Siblings may be present during the delivery with adequate preparation. An adult (other than your Care Partner) should be responsible for them in case they should need to leave the room. Please discuss this idea with your provider during your pregnancy.

Where can my visitors wait during labor?

Visitors crowding the halls violate privacy regulations and may prevent necessary help from reaching you in an emergency. We request that your visitors remain in the waiting room when they are not in your room. The waiting rooms are conveniently located within The Family Birthplace.

Who can be present for the baby's birth by cesarean section?

Only the Care Partner may be present for routine cesarean sections. You may have several visitors in the Recovery Room. As long as you and your baby are stable and doing well, your baby will remain with you in the Recovery Room.

If my baby has not been born by 9 p.m., will my visitors have to leave?

General visiting hours at GMH are 9 a.m.-9 p.m. When a baby is born after 9 p.m., visitors are asked to visit briefly and then take their leave so that the new mom may rest. As mentioned above, your Care Partner can stay with you 24 hours a day.

What is the "Magic Hour"?

Ideally, the first hour after baby's birth is reserved for the baby and parents to get to know each other. Visitors usually do not participate in this special hour. The personal, protected time a mother, her significant other and their infant spend together following birth is critical in establishing a new family unit.

During this period, your nurse will dry your infant, place him or her skin-to-skin on your chest and cover you both with a warm blanket to allow for intimate, tender contact.

What is so magical about the "Magic Hour"?

During the first hour of life, a healthy baby shows a high level of alertness and an ability to interact with parents. Baby already can distinguish her parents' smells, tastes, voices, faces and touch. This time is ideal for the baby to be introduced to the parents through snuggling and breastfeeding. These tender moments during the Magic Hour provide the best opportunity for you and your baby to begin building a relationship together.

During this time, feel free to touch, hold and cradle your newborn baby. This gentle touch triggers a variety of physiological and emotional responses in newborns. Babies are calmed by the gentle touch of loving parents. A newly born baby placed skin-to-skin on your chest feels the familiar and comforting rhythm of your heartbeat. In addition, touching your baby promotes a healthy immune system for the newborn.

Why is skin-to-skin contact important?

Research tells us that putting a baby skin-to-skin provides the best possible temperature regulation for a newborn. Babies who get cold can have problems with breathing, feeding and maintaining proper blood sugar levels. A mother's body can maintain her baby's temperature even more effectively than blankets and warmers.

Research also shows us that babies who spend the first 90 minutes with their mothers skin-to-skin cry less than those who are dried, wrapped and placed in a bassinet. This intimate contact also helps babies to breastfeed. Breastfed babies will latch on better when they have been placed skin-to-skin on the mother immediately following birth.

Family Beginnings

When are mom and new baby moved to Family Beginnings?

Moms and babies move to the Family Beginnings unit 1.5 to 2.5 hours after birth.

What are the Family Beginnings and Women's Specialty visiting hours?

The Family Beginnings and Women's Specialty units follow GMH's visitation guidelines of 9 a.m. to 9 p.m. We encourage our mothers to rest from 3-5 p.m. daily. Please suggest to your visitors that they plan around this time.

Why doesn't my baby go to a nursery after birth?

At GHS Women's Hospital, we care for healthy mothers and babies together. This is called "rooming-in." Research shows that mothers sleep better when babies stay with them in the same hospital room, as opposed to when babies stay in another location such as a nursery. Babies startle and cry less when they are with their mothers.

In addition, with your baby in your room, you can see all of the baby's "firsts" and will learn about your infant's personality and needs. Memorable moments include everything from the baby's first bath to the initial checkup, and you also will begin to learn the best methods for soothing your baby when he or she cries.

I have been discharged and my baby is staying in the hospital for additional treatments. Who can visit my baby?

Generally, the baby's parents and brothers and sisters over 14 years of age may visit. The parents will be asked to designate a list of people who may visit their baby. Visitors will be asked to provide a picture ID and an identification number when visiting.

My baby has been moved to the Bryan Neonatal Intensive Care Unit (NICU) for further care. What is the visitation policy for this unit?

The Bryan NICU welcomes visits from parents and four support people of your choice age 16 or older (such as

grandparents, aunts, uncles and friends). Please keep in mind that these four people can't change during your baby's stay in the NICU. Also, these visitors can visit at any time with or without you present. More in-depth information will be provided to you if your baby is admitted to the Bryan NICU.

Siblings age 3 and up may visit once a day. Visits are limited to 15 minutes. Siblings must complete a health screen before entering the Bryan NICU.

Note: There may be times when the hospital limits visitation, including from siblings, because of community illnesses such as the flu.

Please encourage visitors to use good hand-washing techniques and be sure they are well. In place of a visit, friends may send email greetings to patients in Family Beginnings by visiting ghs.org.

I have heard that GMH has midwives. Can you tell me more about this service?

The midwifery model of care is based on the belief that pregnancy and childbirth are normal life processes. GHS midwives are certified—they are registered nurses who have graduated from an accredited midwifery education program and have passed a national certification exam to receive the professional designation of certified nurse-midwife (CNM).

GHS midwives provide individualized, family-centered care with a strong emphasis on patient education. Each prenatal visit is tailored to meet the physical, emotional and informational needs of the mom-to-be and her family. Midwives perform comprehensive physical exams, prescribe medications including epidural anesthesia and pain medication during labor if needed, order laboratory and other diagnostic tests, and provide health and wellness education and counseling.

The midwives at GHS offer high-touch, low-tech care during labor and birth. In addition to providing continuous physical, emotional and psychological support, they encourage walking, massage, aromatherapy, music, and the use of birthing balls, showers and birth pools according to each woman's specific needs and preferences.

In the unlikely event your midwife refers you to a physician for care during labor or birth, you can rest assured that your midwife will remain with you and continue to provide the comfort and support that is the hallmark of midwifery care.

I've heard that GMH is a Baby-Friendly hospital. What does that mean?

The Baby-Friendly Hospital Initiative is a global program sponsored by the World Health Organization (WHO) and United Nations Children's Fund (UNICEF) to encourage and

recognize hospitals and birthing centers that offer optimal support for breastfeeding.

Baby-Friendly designation is a gold standard for maternity units that hospitals across the country are striving to achieve. Baby-Friendly birthing centers promote and support not only breastfeeding, but also skin-to-skin contact and rooming-in.

We recommend breastfeeding as the best feeding method for many reasons:

- Breastfeeding helps you recover from pregnancy
- You pass antibodies to your newborn through breastfeeding, helping prevent illness in baby's first months of life
- Breastmilk naturally changes to meet the growing needs of your baby
- Breastfed babies are typically healthier than formula-fed infants
- Breastfeeding is convenient and saves your family money

Please keep in mind, however, that breastfeeding will take practice for you and your baby to learn. Baby-Friendly hospitals give mothers the information, confidence and skills needed to successfully initiate (and continue) breastfeeding their babies.

Newborn Hearing Screen

While you and your baby are in the hospital, your baby's hearing will be screened using a quick and painless procedure. Both ears will be screened by hospital staff who have been trained to perform the hearing test. You will be given information in person before leaving the hospital if your baby needs further evaluation by an audiologist.

Newborn hearing screenings are conducted so that hearing loss can be identified as early as possible. Good hearing is extremely important for the proper development of speech and language skills. If your baby is scheduled for follow-up testing, it is important that you keep this appointment.

Safe Sleep

To help reduce the risk of sudden infant death syndrome (SIDS) and other sleep-related deaths, the American Academy of Pediatrics (AAP) recommends that all infants up to 1 year of age sleep alone with no other people, pets or objects. Infants should be placed to sleep on their backs, not on their sides or stomachs. They should be placed in a safety-approved crib, portable crib or bassinet for every nap and at bedtime. Bumper pads, loose blankets, pillow-like devices and stuffed animals should not be in the baby's sleep area. The AAP recommends that parents sleep in the same room as their newborn but NOT in the same bed.

Remember to stop swaddling once your baby can break free of the receiving blanket or can turn on his or her side or roll over. If your baby rolls onto his stomach while swaddled, he may not be able to roll back to a safe position.

About Your Baby's Developing Brain

At birth, the brain is on the verge of explosive growth. An infant's brain has 100 billion nerve cells called neurons. These neurons will grow and connect with other neurons in systems that control important functions such as sight, speech, hearing, movement and emotions. The nurturing care your infant receives now will enhance his or her physical and emotional growth.

Most of a child's brain growth and development will occur during the first three years of life. How we nurture and care for our children during this time will impact their readiness for school, emotional development and future potential as adults.

Early, loving attachments for infants actually affect the way their brain grows. Talking, reading, rocking, singing and making direct eye contact with baby are several important ways to stimulate his or her brain to develop and grow. Touching, stroking and holding your baby are especially important. Research shows that these actions release important hormones in the body necessary for brain growth.

You can never spoil a newborn. In the womb, a baby's world is completely regulated by the mother's body. At birth and beyond, infants are dependent on us. When they are hungry, cold, tired, upset or uncomfortable, newborns will cry in distress. As we respond with food, warmth and comfort, the baby usually will calm down.

Although they can't talk, infants use many ways to communicate. Infants talk to us through cooing, crying, eye contact and other facial expressions. When we respond to their cues, children develop trust, a sense of security and the feeling that they are loved.

Understanding language is a critical development activity for infants. At 7 months of age, babies can recognize and understand many words, even though they can't say the words yet. Therefore, talking, singing and playing are important ways to interact and stimulate language development.

In addition, nurturing care positively impacts the way toddlers respond to stress. By age 2, children who have received consistent, loving care may adapt to stress better.

Research shows that, at a young age, these children will produce less of the stress hormone cortisol. When they become upset, they can turn off their reaction to stress faster. This research suggests that they may be better prepared to respond to life's challenges.

Ensuring Your Child's Wellness

Young children need a healthy start. Physical health is a key factor in a child's growth and readiness for school. By age 2, all children should have begun receiving their immunizations and should be receiving an annual checkup by a physician.

If your child is sick with a cold, fever, cough or other symptoms, monitor him or her closely and seek medical attention if appropriate. If you are not sure whether your child needs to see a doctor, call your doctor's office and leave a message for the nurse. In addition, at approximately age 1, children should start receiving regular dental checkups.

Additional Information

Website

Many childbirth resources can be found at ghs.org/stork, including:

- Information on prenatal classes (including Prepared Childbirth, Breastfeeding, Friends and Family CPR, and classes for siblings)
- Pre-registration information (if not already given to you by your provider)
- A list of suggested items to bring with you to the hospital

Pediatricians

For a list of pediatricians located in the Greenville area, please visit ghs.org/childrens.

Car Seat Safety Checks

Motor vehicle crashes are the leading killer of children under the age of 15. Make sure that all children are properly secured while traveling. Make an appointment today for a free car seat safety check for any child age newborn to 13.

Please keep the following in mind:

- A separate appointment is necessary for each individual car seat
- You need to bring your child to ensure the seat is appropriate and fits properly
- Inspections take up to 45 minutes per seat and include teaching parents how to install the car seat correctly
- Please be on time for your appointment
- Please let us know if you must cancel or reschedule

For more information, locations and times, please call **(864) 454-1108** or visit ghschildrens.org/kohls.

Women's Boutique

The Women's Boutique is located on the sixth floor of GMH just outside the Family Beginnings Unit. It is open Monday through Friday from 9 a.m. to 4 p.m. and weekends 11 a.m. to 3 p.m.

There is also a Women's Boutique on the first floor next to the Hospitality Shop. It is open Monday through Friday from 11 a.m. to 7 p.m. Both locations are closed on holidays.

Items available for purchase include breast pumps, nursing bras and nursing covers. Gift certificates also may be purchased in any amount for products and services. For a complete list of products, visit ghs.org/stork.

Healing Garden

During daylight hours, we invite you to visit our Healing Garden, a place for serenity surrounded by the restorative beauty and power of nature. To get to the Healing Garden from inside the hospital, go through the doors next to the Women's Boutique on the first floor. Turn left; the garden is located straight ahead through the glass doors.

Pastoral Care

Located in the main lobby, the hospital chapel offers a quiet place for prayer and meditation for anyone of any faith and is open 24 hours a day with the exception of scheduled private services. A chaplain is always on call for comfort and counsel.

GHS respects and honors the many cultural, spiritual, and ethnic values and beliefs of our patients and visitors. If we can help you in any way, please let us know. For more information, please contact the Pastoral Care office at **(864) 455-7942**.

Lactation Services

GHS Women's Hospital offers a full-service lactation program. Our lactation consultants are here to guide you through the process of breastfeeding both in the hospital and when you're home. Some problems can be handled over the phone. Call the breastfeeding helpline at **(864) 455-BABY (2229)** for answers to your questions and concerns.

For issues that can't be handled over the phone, outpatient visits may be scheduled with a lactation consultant. We currently bill insurance for outpatient visits. Please check with your insurance provider about your benefits.

Lactation consultants also sponsor support groups that meet at the following times and locations:

- First and third Thursday of the month from noon to 3 p.m. at St. Michael Lutheran Church, 2617 Augusta St.
- Second Thursday of the month from noon to 3 p.m. at Greenville Midwifery Care, 35 Medical Ridge Drive
- Fourth Thursday of the month from noon to 3 p.m. at the GHS OB/GYN Center, 1120 Grove Road

For more information about lactation services or products, please call **(864) 455-8449**.

Hospitality Shop

The Hospitality Shop is on the first floor of GMH, just inside the lobby (near the elevators). It is open weekdays from 8:30 a.m. to 8:30 p.m. On weekends, hours are 9 a.m. to 5 p.m. It is closed on holidays.

The Hospitality Shop offers gift items, magazines, greeting cards, paperback books, newspapers, stationery supplies, candy, toiletries and gift certificates for massages.

Tobacco Use Policy

To promote health and safety, GMH is a tobacco-free facility. The use of tobacco products is prohibited anywhere on hospital system property. This policy applies to all employees, patients, visitors, volunteers and others on hospital grounds.

Vending Areas

Located just inside the cafeteria area on the first floor, this area is open 24 hours a day. Vending areas also are located in The Family Birthplace and Family Beginnings waiting areas.

Cafeteria Hours

Daily

Breakfast: 6-10 a.m.

Lunch: 11 a.m.-2 p.m.

Dinner: 4:30-7 p.m.

Late night: midnight-3:30 a.m.

Other GMH Meal Options

Au Bon Pain

Monday-Friday 7 a.m.-8 p.m.

Saturday-Sunday 10 a.m.-8 p.m.

Chick-fil-A

Monday-Thursday 11 a.m.-8 p.m.

Friday 11 a.m.-2 a.m.

Saturday 11 a.m.-6 p.m.

Subway

Monday-Friday 11 a.m.-8 p.m.

Saturday 11 a.m.-2 a.m.

Sunday 11 a.m.-9 p.m.

Starbucks

Open 24 hours

Note: Hours are subject to change.

ATM Machine

An ATM is located near the entrance to the cafeteria on the first floor of GMH.

Pharmacy Hours

Upstate Pharmacy, an affiliate of Greenville Health Corporation, is located just past the food court on the first floor of GMH. The pharmacy is open weekdays 7 a.m. to 7 p.m. and Saturdays 9 a.m. to 5 p.m. The pharmacy is closed Sundays.

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HEALTH SYSTEM**

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