

The First Hour of your Baby's Life is "GOLDEN"

This is the first time Mommy, Daddy and Baby spend together as a family! We would like to offer you and your baby that first hour together, uninterrupted, so that you can get to know each other.

The Benefits of Skin to Skin for the Golden Hour immediately after birth:

- Regulates infant's temperature
- Regulates infant's blood sugar level
- Regulates infant's heart rate and breathing
- Decreased crying and stress for infant
- Improves breastfeeding outcomes
- Improves family bonding

Along with the Golden Hour, these are a few procedural changes your Hill Country Memorial nursing staff will follow to improve your infant's outcomes:

- Delay initial infant weight until after Golden Hour of skin to skin with mom
- Limit visitors until after initial "Golden Hour" of Skin to Skin
- Families of c-section deliveries should be informed that babies will remain with mom during recovery.
- No pacifiers or artificial nipples- we strongly discourage the use of pacifiers for all breastfeeding patients for the first month, to establish a good latch and milk production.
- All parents will be encouraged to Room In with their infant's 24 hours a day.
- "Mommy-Baby Naptime" is offered to all families from 2-4pm for uninterrupted rest.

Benefits of ROOMING IN:

- Infants who room-in expend less energy from crying
- Infants feed more frequently and gain more weight
- Infants are exposed to less formula supplementation
- Infants have a reduced risk of jaundice
- Moms establish a stronger milk supply
- Moms have less risk of engorgement with unrestricted feedings
- Allows moms to learn infant cues such as wakefulness, rooting, and hunger.