



## The Copeland-Emerson Family Birth Center Welcomes You & Your Family

Wilson Health is honored that you have selected us to assist you and your family through the birthing process. We are happy to have you as our very special guests. We understand that the birth of a baby is an incredible journey of a lifetime, and for that reason, our main goal is to ensure that the entire experience is as memorable and enjoyable as possible.

We believe in family-centered care and encourage rooming-in, breastfeeding, and involving the family as much as possible. The nurses are very involved in providing the best care possible and assisting the patient in the type of delivery that she desires. The birth center has ten labor/delivery/postpartum (LDRP) rooms. These rooms are equipped to allow the mother to stay in the same room during the labor and delivery process through the end of her stay. Our postpartum rooms are reserved for those mothers who have a cesarean delivery. All of our rooms have beautiful accommodations designed to make you feel right at home. We have an interventional nursery for minor procedures such as circumcisions, car seat challenges as well as extended transitional care following a delivery.

The following are key features that our Family Birth Center has added to ensure patient safety and satisfaction:

**Security:** The Family Birth Center is a closed unit. No individuals may enter or leave the Family Birth Center without obtaining the direct clearance from the health unit coordinator at the nurses' station. All doors leading into or out of the Family Birth Center are locked at all times. All visitors are required to sign in and out each time they come to the Family Birth Center if they leave the hospital campus.

**Safety Plus Program Guidelines:** All staff of the Family Birth Center wear a special picture named ID badge. Only the birth center personnel have the authority to transport newborns. After your baby is born, four matching numbered ID bracelets are used to identify your baby to you. Your baby will receive two bracelets; mother and support person will receive the other two. Before you release your baby into the care of any birth center staff, the baby must be identified by name and ID number from the bracelets each time he or she leaves your room. When traveling through the hallways, babies must be transported in their cribs.

**Atrium Family Area:** For the convenience of family and friends, the atrium located at the west end of the birth center provides a large waiting area with seating as well as vending machines. Our beautiful atrium features a special quiet area donated by the Schmiesing family in remembrance of Kolten. Families are welcome to sit and meditate.

**Patient Nutritional Center:** Because the birthing process can force parents to adjust their normal eating schedules, the nutrition center provides snacks and drinks for all of our patients and their support person. If you have a special request or desire a second tray, please inform your nurse. Other family members and visitors are encouraged to visit our wonderful Café located outside of the birth center in the main hospital.

**Sweet Beginnings Lactation Boutique:** The Family Birth Center now features an expansion of our breastfeeding services. The lactation boutique offers available products for purchase to assist breastfeeding mothers such as breastfeeding support clothing, breast pumps, and stools as well as a variety of other items. We have wonderful lactation consultants who see breastfeeding patients when they come to the birth center as well as follow up with them after they are discharged. Appointments can be made to see a lactation consultant by calling 498-5434.

**Picture Perfect Photography:** Picture Perfect photographers are available on a daily basis to ensure that all newborns have their pictures taken. Newborn pictures are posted on our website at [www.wilsonhealth.org](http://www.wilsonhealth.org) by first name only and include the parents' names and the date of birth. Patients are encouraged to bring in baby blankets, hair ribbons or any other item they would like included as a prop as the photographer only provide a basket to be used for the photo session.

**Quiet Time:** We now feature a special bonding time for our postpartum mothers and their babies during the hours of 2 p.m. to 4 p.m. Each day, babies are actually working hard, absorbing their new surroundings and exerting energy. Quiet time will allow the babies and their mothers to have that extra special bonding time to become familiar with each other, work on breastfeeding, and even rest. Visitors are asked to refrain from visiting during this time so that our patients may enjoy their special experience.

**Safe Sleep Sacks:** While at the birth center, your baby will be sleeping in a Halo Sleep Sack in an effort to provide a safe sleeping environment for the newborn. Safe sleep is the easiest way to save the life of a newborn and we model that here in the birth center to emphasize the importance of safe sleep. We would ask that you refrain from clothing your baby with clothes from home as we prefer to keep the babies in a newborn gown while in the sleep sack. Please note the Halo sleep sacks come in a variety of colors and are available for purchase in the Sweet Beginnings Lactation Boutique.

**Discharge Teaching Class:** We provide all mothers with an interactive discharge teaching class that takes place every day. All mothers are expected to participate in the class. You and your support person will be provided information regarding newborn care, postpartum care, postpartum depression, feeding choices, car seat safety and safe sleep. This will allow for your discharge process to occur expediently and efficiently.

**General Visitation Guidelines:** Because we provide family-centered care, we welcome visitors to the family birth center at any time. The following are expectations of visitors:

1. Mother's preference always takes precedence over any other requests.
2. A "Quiet time" has been established for our established postpartum mothers and their babies from 2 p.m. until 4 p.m. daily.
3. During recovery phases of delivery, the only visitor allowed to be at the patient's side would be the significant other/recipient of the ID bracelet. The recovery period requires the nurse to closely monitor the mother and newborn for 2 hours. This also provides the mother/significant other to begin bonding with their baby.
4. All visitors are required to stop at the front desk to sign in/out before and after every visit.
5. Visitors with fever, diarrhea, respiratory infection, communicable disease, and cold sores will not be allowed admittance for visitation due to the risk factors in exposing the newborn.
6. Children under the age of 14 are not permitted to visit unless they are a sibling of the newborn. Please note that if a child has received the chicken pox vaccine, he/she must wait one month from the time the vaccine was administered to enter the birth center.
7. Children are not to be left unattended. All children, including siblings must be accompanied and supervised by a responsible adult whose primary responsibility is to care for the visiting child/children and can leave with the child if it becomes necessary. Unattended siblings of the newborn may not stay overnight at the family birth center in the care of the patient.

For more detailed information regarding our visiting policy, or any other questions you may have about the Copeland-Emerson Family Birth Center, please ask your nurse or ask to speak with the Director of the department. Again, we thank you for choosing Wilson Health for the birth of your baby and for the opportunity to take this momentous journey with you and your family.

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Director  
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Copeland-Emerson Family Birth Center

Last Revised: April 2017