

## Our Staff

Infirmiry Health supports breastfeeding and promotes family bonding.

Each nurse on staff is specially trained to care for mothers and babies and can teach you how to breastfeed your baby. In addition, there is a team of lactation consultants whose primary focus is to help you with breastfeeding.

Regardless of your feeding decision, each new mother and baby can benefit from the golden hour, skin-to-skin contact, rooming-in and education about how to safely feed a newborn.

Our staff at Infirmiry Health is committed to assisting you in your new role as a mother.

## Lactation Assistance

Lactation consultants are available to assist you. For more information, please call:

**Mobile Infirmiry**  
251-435-2525

**Thomas Hospital**  
251-279-2004

**North Baldwin Infirmiry**  
251-239-2296



# Labor & Delivery



**INFIRMARY**  
— HEALTH —

*Women's Health*

## The Golden Hour

The first hour of the infant's life is called the Golden Hour. If both mother and baby are healthy:

- Your baby's first physical assessment will be done while he/she is on your chest skin-to-skin.
- Procedures such as weighing, measuring, bathing, injections or blood tests will wait until at least the first hour after birth or until after your baby has breastfed.

*We encourage you to wait at least an hour before introducing your new baby to family and friends.*

*This gives your baby time for that very special first feeding and gives you and your baby private time to bond.*

## First Bath

The nurseries at Infirmery Health encourage delaying your baby's first bath.

Delaying has many benefits, including:

- Delaying the first bath can help stabilize your baby's blood sugar and temperature.
- Longer skin-to-skin time decreases the risk of postpartum bleeding for mom and improves breastfeeding.
- Vernix, the white substance covering your baby's skin, has many beneficial properties – it protects your baby's delicate skin and can help prevent infections.



## Skin-to-Skin

The best way for a healthy newborn to adjust to life in the outside world is skin-to-skin contact. This means we will dry your little one, put a hat on their head, cover your baby with a warm blanket, and settle them onto your chest.

The benefits of skin-to-skin contact in the first hour of life are:

- Baby bonds with mom and mom with baby as they gaze into each other's eyes and as mom holds, touches, smells and talks to baby.
- Babies who are able to be skin-to-skin with their mothers breastfeed better and nurse an average of six weeks longer.
- Babies stay warmer, calmer, cry less and have better blood sugar levels and lower stress hormone levels when able to be skin-to-skin.

## Breastfeeding

There are many breastfeeding benefits for babies, including:

- Reduction in ear infections
- Reduction in asthma
- Reduction in diabetes
- Reduction in childhood leukemia
- Reduction in sudden infant death syndrome (SIDS)

There are also many breastfeeding benefits for moms, including:

- Decrease in breast cancer
- Decrease in ovarian cancer
- Decrease in diabetes

## Rooming In

We encourage you to keep your baby with you during your hospital stay. This will help you and your baby to get to know one another, help you to learn your baby's feeding cues and how to care for your baby.

Rooming-in helps make breastfeeding easier.