



# ACCOMODATION GUIDELINES FOR THE NEW BORN AND HIS FAMILY



## Information

We suggest you to join us for an information session and a tour of the maternity.

## Support and assistance

The medical team will be at your service throughout your stay to help you discover parenthood. The team will take care of all the individual needs of the mother, the newborn and the family.

## Childbirth

The medical team is committed to respect your birth plan, in complete safety and in accordance with your values: accompaniment by the person of your choice, use of different relaxation methods during labour (balloon, bath, epidural, ...) to relax, choice of birth position in a classic room.

## Skin to skin contact

After the birth, the medical team will advise you to do skin-to-skin with your newborn. This will help to create a bond with your child and allow him or her to adjust as best as possible to entering this new world.

## Feeding the the baby's patterns

The WHO recommends exclusive breastfeeding up to 6 months and combined with a diversified diet up to two years. We will accompany you in this first feeding. Your breast milk meets your baby's needs and is the best food for the health of mother and child.

## Following the baby's pattern

All babies get the most out of their food if it is given as soon as they show that they are ready to suckle.

## Together 24/7

Except for medical reasons, your baby stays with you in your room 24 hours a day because your presence reassures him. The care is carried out with you.

## For the breastfeeding babies

Avoid soothers or bottles as they may interfere with breastfeeding.

## Compliance with WHO

The maternity hospital undertakes to not circulate any advertisements for industrial milks and comply with the International Code of Marketing of breast-milk substitutes. Supplements are given on medical prescription.

Whichever feeding method you choose, you will be supported, informed and accompanied even if your baby is hospitalised in the neonatal unit.

## Training

All maternity staff are trained to support you in your choices and as you learn to care for your baby. All new professionals are properly briefed on the service's policy and the hospital is responsible for their training.

## Support and return home

The discharge booklet that you will receive will facilitate your return home. The maternity unit works in a network to ensure continuity of care: breastfeeding consultation, early return, Maternal and Child Protection (PMI), support associations.

