

What To Expect: Delivering Your Baby at Stamford Health

Preparing for the arrival of your baby is an exciting life event! Here is a brief overview of what to expect during and after delivery.

Please note that patients are welcome to have two care partners for vaginal delivery and one care partner for C-sections. A doula (who must provide certification documentation) may be present in addition to the two designated care partners. For more information about our maternity services, please scan the QR code at the right.



What Care Is Provided To Newborns After Delivery?

After delivery, a doctor or nurse will examine your baby briefly to make sure there are no obvious problems or abnormalities. Your baby will be given APGAR scores, which serve to alert our staff if your baby is sleepier or slower to respond than normal and may need assistance as they adapt to their new world outside the womb. We will then encourage bonding via skin-to-skin contact and breastfeeding (if applicable).

The following are routine practices we endorse at Stamford Health:

DELAYED CORD CLAMPING

We encourage and recommend a delayed cord clamping. As your baby lies with you following a routine delivery, their umbilical cord will still be attached to the placenta. Our practice is to delay clamping the umbilical cord for 60 seconds. After 60 seconds, the umbilical cord is clamped and cut. The clamp will remain in place for 24 hours. The stump that remains after the clamp is removed will fall off sometime between one and three weeks after birth.

PREVENTIVE MEDICATION & VACCINATIONS

At birth, your baby will receive (with your consent), a vitamin K injection and erythromycin eye ointment. Your baby is also eligible to receive their first hepatitis B vaccination, which is given within the first 24 hours of life.

Here is more information about all three preventive measures:

VITAMIN K

Babies are born with very little vitamin K in their bodies, which can lead to a serious bleeding problems called vitamin K deficiency bleeding (VKDB) if not supplemented.

The two reasons newborns need vitamin K:

1. They don't get much vitamin K from the mother during pregnancy. Unlike many other nutrients, vitamin K doesn't pass through the placenta very easily.
2. Babies' intestines don't have many bacteria yet, so their bodies can't make enough vitamin K.

Vitamin K must be given via injection since oral vitamin K has not been shown to be as effective and there are no FDA-approved oral vitamin K preparations available for pediatric use.



For more information, scan the QR code.

ERYTHROMYCIN OINTMENT

Erythromycin eye ointment is given to newborns for eye prophylaxis to prevent gonococcal and/or chlamydial infections of the eyes, called ophthalmia neonatorum. These infections were once a common cause of blindness.



For more information, scan the QR code.

HEPATITIS B VACCINE

The first vaccination that newborns receive is their first of a series of hepatitis B vaccines. The birth dose is an important part of preventing long-term hepatitis B disease. In 2017, the American Academy of Pediatrics (AAP) recommended all newborns receive the vaccine within their first 24 hours of life. Your pediatrician will continue and complete the series during your newborn's routine office visits. When you arrive, you will be asked to give consent to administer the hepatitis B vaccine.

For more information, scan the QR code.



Your Hospital Stay

Stamford Health recognizes how important visitors are to our patients. We have a patient-directed visitation policy. Please note, waiting room space at our Hollander Family Birthing Center frequently reaches capacity with visitors; when you move to the Hackett Family Maternity Unit following delivery, you can welcome visitors as you wish.

In routine deliveries, you can expect to stay two days and some patients can even go home sooner. If you deliver via C-section, you can expect to stay three days. Complicated births may require a longer stay.

ROOMING-IN

We encourage rooming-in with your baby while you stay at Stamford Health. There are many benefits to rooming-in for both you and your baby. Rooming-in helps establish breastfeeding and eliminates the natural level of stress or concern many mothers feel when they are separated from their babies. We also advocate for safe sleep practices. Your baby is safest on their back in their own crib with a firm flat mattress and no incline. We encourage room sharing, but never bed sharing.

For more information on safe sleep practices, scan the QR code.



Scan for more

If you plan on breastfeeding, our lactation specialists will help support your goals. They round the floors regularly. Please let your care team know if you'd like to meet with them.

Newborn Screening Tests

During your stay at the hospital, your baby will undergo three newborn screening tests:

- 1. NEWBORN STATE SCREENING:** A blood test that is done by our health care professionals. A few drops of blood are taken from your baby's heel and are sent to the state lab for testing. This test will identify infants who may look healthy, but who have a rare health condition that if untreated may cause serious harm or may even be life-threatening. Simple tests can uncover health issues that should be treated as soon as possible to give children the best possible chance for healthy growth and development.
- 2. HEARING SCREENING:** Using tiny earphones and special software, the medical team will check to see how your baby responds to sound. For more information, scan the QR code.



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- 3. CRITICAL CONGENITAL HEART DEFECT SCREEN (CCHD):** This test is used to look for heart conditions known as critical congenital heart defects, or CCHDs. A simple non-invasive test uses a method known as pulse oximetry to check the level of oxygen in your baby's blood.

CIRCUMCISION

Stamford Health's pediatric hospitalist will discuss risk and benefits of circumcision with you. If you would like your child to be circumcised, the procedure will be done (with your consent) prior to discharge.

What To Know Before Returning Home

Patients are typically discharged in the morning. Before you leave, there are a few things to know:

BRING A CAR SEAT

You are expected to bring your Consumer Product Safety Commission (CPSC)-approved car seat into the hospital prior to discharge.

CAR SEAT CHALLENGE

If your newborn is born premature, defined as any newborn born less than 37 weeks gestational age, or if their birth weight is < 2,500 grams, then they will need to pass a car seat challenge.

During this test, your baby will be appropriately placed in their car seat and the Stamford Health team will monitor their oxygen levels and breathing to confirm that the infant will breathe safely in the car seat for travel. The car seat test will take 90 minutes to complete. You will be asked to bring the car seat to the hospital in preparation for the test and discharge.

CHOOSE A PEDIATRICIAN

The team at Stamford Health will need to know who your baby's pediatrician will be after discharge. We will send your pediatrician a summary of your baby's hospital stay. Any results from screens or testing will also be communicated to your pediatrician as well as any follow-up testing needed. For these reasons it is helpful for us to know who you chose for a pediatrician when you arrive for your baby's delivery.

If you do not have a pediatrician chosen yet, Stamford Health Medical Group has pediatricians in both Stamford and Darien.

Learn more about them here: stamfordhealth.org/care-treatment/pediatrics/pediatricians/ or scan the QR code.



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