

ACCOMMODATION GUIDELINES FOR THE NEW BORN AND ITS FAMILY

ACCOMMODATION

The maternity hospital team undertakes to adhere to your birth plan and your values without compromising on safety. You can be accompanied by a person of your choice in the delivery room. We offer a wide range of options to help you to relax during delivery (birthing ball, birthing pool, cushions, music). You can choose your delivery position irrespective of whether you have opted for an epidural. You can also choose between the regular or nature room depending on your birth plan.

INFORMATION

We suggest you join us for information sharing sessions and make a visit to the maternity hospital.

FEEDING and FOLLOWING THE BABY'S PATTERNS

Our medical team has opted to promote and support breastfeeding: the WHO recommends that a baby be exclusively breastfed for at least the first 6 months. We will assist you right from the first nursing session to ensure that your breastfeeding is smooth and effective. Your milk is enough to meet all your baby's needs and we don't give supplements without a medical prescription.

If you have chosen any other method to feed your baby, we will provide you with all the required information and you can also attend a special workshop.

All babies, breastfed or otherwise, benefit from their feed best if it is given as soon they seem to be ready for nursing.

If your baby is in the NICU, you can be close to it at all times and give it skin to skin contact whenever and as much as you want. You will be involved in your baby's care as soon as possible. The team is trained in developmental care that respects the environment and the development of your baby. If you plan to breastfeed, the team will help you start lactating and will help you to follow your baby's progress.

NO PACIFIERS, NO BABY BOTTLES

For breastfed babies: your baby needs to get to know you. The pacifier could hamper its learning process.

SUPPORT AND ASSISTANCE

The medical team will be at your service throughout your stay to help you discover parenthood. It seeks to cater to the individual needs of the mother, the new-born and its family.

SKIN TO SKIN CONTACT

After birth, the medical team will advise you to place your newborn "skin to skin" against yourself. This will help you bond and help your baby to adjust to this new world outside better. If you feel ready, you can put your baby to your breasts for the first time.

TOGETHER 24*7

Except for medical reasons, your baby will be by your side and in your room 24*7 because your presence will comfort and reassure it.

TRAINING

The entire staff of the maternity hospital is trained to support you in your choices and while you learn how to care for your baby. All new professionals are properly informed about the service policy and the hospital is responsible for their training.

SUPPORT AND DISCHARGE FROM THE HOSPITAL

The discharge booklet provided to you summarises the tips given to you and makes the process of returning home easier. You can reach us 24*7 over the phone.

Every effort is made during your stay to ensure teamwork and network support in order to guarantee the best care for your baby: breastfeeding consultation, PRADO (special programme for returning home), Maternal and Child Welfare (MCW), support groups.

COMPLIANCE WITH WHO CODES

The maternity hospital undertakes to not circulate any advertisements for industrial milks and comply with the International Code of Marketing of Breast-milk Substitutes.