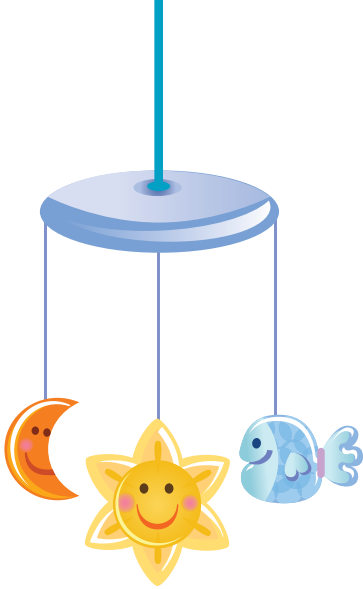


The Joy of Parenthood

Your personal journey through newborn care



YALE-NEW HAVEN
HOSPITAL



Congratulations

on the birth of your baby!

Welcome to Yale-New Haven Hospital. Our medical and nursing staffs are committed to comprehensive, compassionate, family-centered care for you and your baby. We will make every effort to ensure your stay with us is a pleasant and safe one.

Visiting Hours

Visiting hours are flexible to meet the needs of you and your visitors. Your visitors must be free of infection and should wash their hands before touching the baby. Help your visitors understand your need for rest. If you do not wish to see visitors or take phone calls, inform your nurse and this can be arranged for you.

Birth Certificates

Staff will provide and help you with the form to complete for your baby's birth certificate.

Baby Photographs

YNHH has hired a photographer who will come to your room and take your baby's picture, so let your nurse know if you are interested. There will be an announcement when the photographer is on the unit.

Resources

Speak to your providers for health questions or concerns.

Mom's Provider _____

Baby's Provider _____

Pharmacy _____

Poison Control

Poison Control Center 1-800-222-1222
Poisoning Prevention Website . . . www.aapcc.org/DNN

United Way

United Way Infoline 211
Infoline Website www.infoline.org
(Various services: emergency mobile psychiatric service (EMPS), child care, food, housing, healthcare)

Yale-New Haven Hospital

Women's Education Life Learning (WELL)/
A Mother's Place 203-688-WELL
Website www.ynhh.org/well
(Breastfeeding support/supplies, education and exercise classes)

Breastfeeding

La Leche League International
Website www.LaLecheleague.org
(locate local groups)

Car Seat

Inspection Locator 1-866-SEAT-CHECK
Website www.seatcheck.orgw



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Discussion with Nurse: Normal postpartum bleeding, activity stitches, hemorrhoids, sitz bath wound care after Cessarean



Signs and Symptoms to Report to Provider

The Newborn

- Jaundice (yellow color of the skin)
- Redness or smelly discharge around the umbilical cord
- Temperature above 100 degrees F
- Smelly discharge or bleeding from the circumcision
- Feeding less, vomiting or not eating
- Unusually fussy or sleepy or change in behavior
- No wet diapers in 8 hours or watery, loose stools (diarrhea, stools with large rings of water)

The New Mother

- Fever of 100.4 degrees or higher
- Sharp pains in your abdomen, breast or chest
- Blurred vision or dizziness
- Headache that does not go away
- Burning/ urgency or being unable to urinate
- Thoughts of harming yourself or your baby
- Severe pain/ burning sensation in your legs
- Localized swelling/ tenderness in your breasts
- Foul smell or an unexpected change in your bleeding
- Crying spells or mood swings that feel out of control or last longer than a few days

Keeping Your Baby Safe

The maternity staff at Yale-New Haven Hospital pledges to educate and assist you at all times to help keep your baby safe.



- Each baby wears a special bracelet, called Hugs, that records where the baby is on the unit.
- Babies also wear identification bracelets that match Mom's and Dad's identification bracelets.
- The maternity units and nurseries are locked.
- All staff members who care for you and your infant are committed to washing their hands before and after all contact with you and your baby.
- Your healthcare providers will review many safety measures in this education book.



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www.ynhh.org