

What to Expect After You Deliver Your Baby at Capital Health



Rest and Sleep

There are many reasons why you may not feel like you are getting enough rest after the birth of your baby. Many people do not sleep well later in pregnancy. Plus, the physical work of labor is exhausting. Excitement, frequent visitors, and being in a hospital bed can also contribute to not feeling completely rested. At Capital Health, we are committed to preparing you for what to expect while in the hospital following childbirth while also providing the appropriate support to families while you recover, recuperate, and bond with your new baby.



Expected Interruptions in Rest on the Postpartum Unit

While rest is extremely important during the postpartum period, there is a lot to be accomplished in order for the birthing person and newborn to be safely discharged home in just a few short days. The following is a list of general occurrences you can expect during your stay on the postpartum unit:

- Feeding newborn 8–12 times in a 24-hour period (around every 2–3 hours)
- Vital signs every 4–8 hours on birthing person and newborn
- Head-to-toe assessments on birthing person and newborn every 8 hours, and more frequently immediately after delivery or medically indicated
- Visits from the birth certificate office
- Newborn hearing screening
- Newborn bloodwork and birthing person blood work at least once, more if indicated
- Visits from IBCLCs (Lactation Consultants) if indicated
- Nurses assessing, evaluating and checking in throughout the day and night on birthing person and newborn
- Obstetric or Midwifery provider assessments and evaluation of birthing person
- Pediatric provider assessments and evaluation of newborn
- Environmental services tidying the hospital room/emptying garbage cans
- Dietary delivering and picking up food trays

continued on back



capitalhealth
MATERNITY SERVICES

What to Expect After You Deliver Your Baby at Capital Health

continued from front



The American Academy of Pediatrics (AAP) Recommends Room Sharing with Your Newborn:

- This is recommended for the baby's entire first year of life in a crib or bassinet – we use this model at Capital Health
- Room sharing can lower the risk of SIDS (Sudden Infant Death Syndrome)
- Helps you to learn your baby's feeding cues and become familiar with their needs
- You are close enough to soothe your baby when they cry
- Helps you learn to be more confident caring for your baby

Cluster Feeding:

- Cluster feeding is when your baby feeds close together at certain times of the day and it's very common in newborns. It usually happens in the evening, but each baby is different.
- You'll generally see 5–10 feedings over a 2–3 hour period, followed by 4–5 hours of sleep.
- Your baby may keep similar waking patterns as when you were pregnant, therefore they may continue to be awake at night for the first few weeks after birth

Important Things to Remember and Prepare Before Coming to the Hospital:

- Ensure you have a car seat with a **five-point harness** that meets Federal Motor Vehicle Safety Standards. Please have this ready to bring to the hospital after you deliver your baby.
- Please have an **outpatient follow-up pediatrician** picked by the time you deliver your baby.



capitalhealth
MATERNITY SERVICES