



## FMH BirthPlace Announcements

### Welcome!

On behalf of everyone at **Frederick Memorial Hospital**, the BirthPlace staff would like to extend a warm welcome to you and your family. We're committed to providing the excellent healthcare that our growing community has trusted for generations. **Thank you** for choosing us as your healthcare partner for the birth of your child.

We offer our **best wishes to you and your family** as you experience this joyous event together.

At **Frederick Memorial**, protecting the health and safety of our patients is *always* our top priority. Please keep this in mind as you review our basic hospital policies and feel free to ask our staff any questions you may have.

*"When it comes to our patients ~ we deliver."*

### Visitors

**Labor & Delivery Unit:** We respect your decision to share your childbirth experience with your loved ones. However, only a limited number of visitors *may* be permitted in the Birthing Room at a time to ensure the safety of mother and baby.

**Waiting** - Visitors leaving the birthing room are requested to **keep the Labor & Delivery hallways clear** so that staff always has quick access to patient's rooms.

Visitors can take a break on the atrium benches just outside the Neonatal Intensive Care Unit or the BirthPlace Waiting Area.

The **FMH Cafeteria** is open daily and hours may vary. It's a great place for families to gather for a meal or snack while waiting for that special delivery to arrive! Vending machines are always available just outside the cafeteria.

**\*FMH is a non-smoking facility!**



## BirthPlace Visiting Hours

**Birthing Suite- (Labor and Delivery)** At any one time, 4 visitors may be present in the room (this includes siblings of newborn who must be supervised by an adult, other than primary support person for patient).

**Family Center (Mother-Baby Unit)** - Newborn's father may be present 24 hours a day. Only 1 overnight guest per room is permitted. This unit is for care after delivery.

**Siblings of the Newborn** – Noon to 8 p.m.

**Adult Family & Friends** – Noon to 8 p.m.

\*Children under 12 years of age are not permitted unless they are siblings of the newborn. \*Only six visitors per room, regardless of age, are permitted on the Family Center.

### Neonatal Intensive Care Unit ("NICU")

**Baby's parents and siblings (4 years and older) - 24-hours-a-day/ 7 days a week**

**\*Younger siblings may also come in for brief pre-planned visits.**

**\*Visitors – 2 (parent's choice, over 12 years of age)**

**\* Limit- 3 people at a time** are permitted at the baby's bedside, **including a parent.**



### **Spread the news!**

**Unlimited local calls** can be made from all patient rooms at no additional charge.

**Long distance calls** may also be placed by using a telephone calling card or by calling your party "collect."

*We regret that long distance calls may not be added to your room charges.*

### *Baby Talk*

**Our phone lines are always connected and buzzing with baby talk!**

#### **Cell Phones**

**Cell phones may ONLY be used in designated areas such as classrooms, waiting rooms, and lobbies and the cafeteria.**

#### **~ It's your call ~**

In order to respect your privacy, while a patient on the *Birthing Suite*, "it's your call" whether or not to place or receive telephone calls. The direct phone number to your private birthing suite is located on the white board in your room. Please share this telephone number with discretion. Generally staff will refrain from transferring incoming calls to your private birthing suite.

After your baby is born and you are a patient on our *Family Center*, friends and family may call your new phone number directly or with staff assistance.



### Visitor Guidelines

**\*New Parents should instruct** anyone with a cold or other illness to *postpone* visiting since a newborn's immune system isn't yet fully able to ward off disease.

**\*Reminder :**

**Visitors should wash their hands thoroughly** with soap & water before holding the newborn. **Hand washing** is the single best method to prevent infection!

### **BABY B.E.S.T.**

*Breastfeeding Education & Support Together*

This hospital-based program provides breastfeeding classes, support and other related services.

**Baby B.E.S.T.**  
**240-566-3880**



**Enjoy your T.V.**  
(no additional fee!)

Your t.v. remote control device is part of our Westcom "Call Light" which clips onto your bed pillow. **This multi-purpose device controls your T.V. functions, room lighting and more!** It's also a **communication system for you to "call" our staff with care requests that you may have such as pain medication and assistance.**

**\*Be sure to check out "The Newborn Channel" (Channel 85 or 86)**

## Safe at the BirthPlace

You have peace of mind knowing that every precaution has been taken to keep you and your baby safe & sound.

*Here's a sample of the safety measures in place at FMH ~*



**Entry-Access Badges** ~ All visitors must obtain a separate Security Badge to enter each unit of the BirthPlace ~ Labor & Delivery, Family Center (Mother-Baby) and the NICU. Badges are available in the Security/ER office (24/7) or from the Security Officer at the BirthPlace Waiting Area, (M-F, 9 a.m. – 9 p.m.)



**"Hugs" Security System** – state-of-the-art infant security in operation at the BirthPlace. A security tag is placed on your baby's ankle in the newborn nursery after delivery. This enables the baby's location to be monitored via computer 24-hours-a-day. In the event a security breach was to occur, our hospital alarm & "lockdown" system is immediately activated to protect your baby.



BirthPlace staff authorized to care for your baby are easy to identify and verify by their **FMH photo I.D. badge**.



**Matching hospital I.D. bracelets** are placed on the mother, baby and one other person of the mother's choice.



**Babies may be retrieved from the nursery ONLY by baby's mother and/or the person designated by mother** (father or other individual given permission by mother to wear matching I.D. bracelet). Nursery staff will perform **mandatory I.D. bracelet match check** prior to babies leaving the nursery.



### **"All Babies on Board!"**

Our safety policy requires that **all babies be moved about the BirthPlace in their cribs.**

*For the BirthPlace to remain safe and secure, we strongly encourage parents to follow the safety guidelines.*



## First Pictures

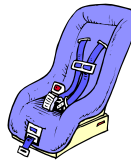
With your permission, a professional photographer will visit you in the comfort of your own room and a digital portrait of your newborn can be taken as "free service". If you then desire to purchase a photo package, birth announcement or keepsake, the photographer will also assist you with placing an order from the catalog at your bedside. The BirthPlace also participates with the Our365 Newborn Photography Web Nursery. If your child is photographed at the BirthPlace, you can access the pictures on the free website, [www.our365.com](http://www.our365.com), using your individual customer number.



**Photography & videotaping of your delivery are permitted - but *always* at the discretion of your attending physician and nurse with signed consent.**



### **Maryland's Car Seat Safety Law**



***requires*** that your infant ride home in a federally-approved **infant safety seat**. The seat needs to be **installed prior to discharge from the BirthPlace.**

The **FMH Wellness Center** offers **free car seat safety checks** by a certified inspector twice monthly **by appointment**. Call **240-379-6000** for more information.

\*Some local fire departments also conduct car seat safety checks **by appointment**.

Visit our hospital  
**Gift Shop**  
near the  
Main Entrance Lobby  
*for cards, flowers and  
gifts  
to celebrate  
this  
very special occasion!*