

Questions?

Call your doctor or health care provider if you have questions or concerns. Our PCN nurses are also available to help at any time.

Progressive Care Nursery:
206-598-5600

5-South Front Desk:
206-598-5600

Lactation Consultant:
206-598-4628

For security reasons, we only give out information to parents of the baby.

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**Progressive Care Nursery/
Maternity and Infant Center**

Box 356078
1959 N.E. Pacific St. Seattle, WA 98195
206-598-5600

- Please turn off your cell phone and pager to help keep a quiet environment. Cell phones may interfere with medical equipment.
- From time to time, medical emergencies or other circumstances arise and we may ask you to leave the nursery.
- Please leave food and drinks, even covered drinks, outside the nursery.

Parking

- There is underground parking in the Triangle Parking Garage across the street from the main entrance to the hospital.
- The price for parking depends on how long you stay. There is a discount rate for patients and visitors and no charge on Sunday. Bring your ticket to the front desk on 5-South for validation.

Housing

Sometimes, babies need to stay in the hospital longer than their mothers. If you need help with finding a place to stay while your baby is in the hospital, please talk with your nurse or social worker.



Welcome to the Progressive Care Nursery



This booklet is for families of babies admitted to the Progressive Care Nursery (PCN). It answers common questions and concerns about the PCN and caring for babies in the PCN. If you have other questions, ask your nurse or your baby's nurse.

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Some Babies Have Special Needs

Most babies admitted to the PCN are born between 34 and 37 weeks, or with a birth weight of less than 2,500 grams (5½ pounds). They can be underweight and may have immature lungs, an immature nervous system, and/or underdeveloped muscles. They might look thin, wrinkled, and red because they do not have much body fat. They may also be covered in a soft layer of hair called *lanugo*.

These babies need a little extra care. With more time to grow and enough to eat, we expect them to improve their feeding ability and to gain weight. Other infants who need extra care are also admitted to the PCN.

In the nursery, we help your baby:

- Learn how to suck and get enough to eat.
- Maintain blood sugar needed for energy.
- Stay warm.



Those brief periods are during nursing shift changes from:

- 7 to 7:30 a.m.
- 3 to 3:30 p.m.
- 7 to 7:30 p.m.

And for pediatric rounds from:

- 9 to 9:30 a.m.

- Be sure to wear clean clothes or ask the nurse for a clean gown.
- Upon entering the nursery, please wash your hands with soap and dry them well.
- Our space is limited. Please have no more than 2 visitors at a time by your baby's bedside.
- Parents may bring other family members or friends to visit for short periods of time. If these visitors come without the parents, they must have written consent from the parent.
- Siblings over the age of 2 may visit in the nursery. If mom is caring for the baby, we ask that another visitor be present to attend to the toddler.
- If you or your visitors have a cold, fever, sore throat, cold sore, or are ill in any other way, we ask that you check with the nurse before entering the nursery.
- We ask that you visit only *your* baby. Please also respect the privacy and confidentiality of other babies and their families by asking questions only about your baby.

We welcome you to your baby's bedside. When the staff needs to examine your baby, they'll tell you.

We encourage you to come and we want you to feel welcome.

Mother's Milk

Mother's milk is the best food for your baby. You do not have to stop or delay breastfeeding because your baby is in the nursery. If your baby is not able to get enough calories from breastfeeding, our nurses and lactation consultants can help you with a feeding plan that uses another feeding method. You can use both methods until your baby is ready to breastfeed every time.

Begin expressing your milk early. This increases your milk supply whether or not your baby is feeding well. It also helps you to collect extra milk to store. If your baby is not breastfeeding well, you can express your milk so it can be fed to your baby through a tube, cup, or bottle.

If you choose to formula feed, we can teach you to bottle feed your baby and to prepare formula.

Visiting Your Baby in the Nursery

The shortest stay in the nursery is 12 hours. Some babies may need to stay longer. Working together with you, we want to provide a safe and healthy environment during your baby's stay. You can help us by observing these guidelines:

- To enter the nursery, follow the hall to the right of the front desk to room 508A. Knock and the nurse will open the door for you. If you do not have a white patient wristband, you may be asked for a photo ID. We request this to keep your baby safe.
- The nursery is open to families and visitors daily *except* during several brief periods when confidential information is discussed by providers about each baby. This provides privacy for each family.

Before going home we expect your baby to:

- Maintain a stable weight and body temperature in a crib.
- Feed consistently by mouth (breast or bottle).

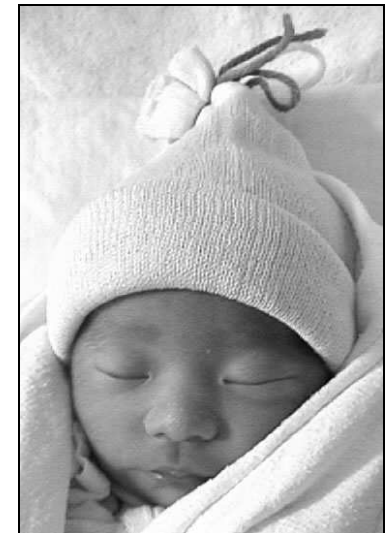
Being with Your Baby

- We welcome you to your baby's bedside. If the staff needs to examine your baby, they'll tell you.
- Bonding time with your baby is important. Please visit, ask questions, and join in with your baby's care as much as you feel comfortable.
- You may breastfeed your baby or bottle feed, check her temperature, and change her diapers.
- Your baby may be able to visit your room for brief periods. It is important to make sure your baby stays warm during this time.
- You can keep your baby warm by removing everything but your baby's diaper and placing her against your skin. Wrap a warm blanket around both of you. This skin-to-skin placement is called "kangaroo care" and has many benefits besides keeping your baby warm. These benefits include a more stable heart rate, better oxygen levels, less crying, and a higher milk supply for you.

We are committed to providing family-centered care while your baby is in the PCN.

Please visit as often as you like and join in with your baby's care.

We are here to help you and answer your questions.



Babies in the nursery have different needs. While visiting your baby you may see many types of special care.

- When your baby is not receiving “kangaroo care,” keep her wrapped in 3 blankets and a hat during her stay in your room. You may also bring a fleece blanket from home.

What You May See and Hear in the PCN

- Bilirubin lights to help babies with jaundice (yellow skin).
- Isolettes and infant warmers to keep your baby warm.
- Feeding tubes to help babies gain weight.
- Blood sugar checks and blood draws for lab tests.
- Injections being given.
- Buzzers and beeps as reminders for the nurses.



- Pulse oximeters to measure blood oxygen levels.
- A shiny foil heart on your baby’s tummy that helps to check her temperature.

Feeding Your Baby

Some pre-term babies need help and time learning to suck. There are several reasons why feeding may be hard for your baby:

- He may not be mature enough to suck, swallow, and breathe at the same time.
- His medical condition may change his pattern of swallowing or breathing.
- He may tire easily.
- He may be able to suck well but still need to be fed through a tube to save energy.