

## Staying in the Hospital

*When your baby is ready to go home*

*This handout explains what to expect when you must stay in the hospital for medical reasons and your baby is ready to go home.*

### Can my baby stay with me in the hospital?

Sometimes babies are ready to go home before their mother can leave the hospital. If this happens, and you are staying in the Mother Baby Unit, your baby can either:

- Stay with you
- Come visit you

Please note that while you are a patient, you **cannot** be your baby's caregiver since you may need to receive medical care. This means that whether your baby stays in the hospital with you or visits, another adult caregiver **must** be with your baby at all times.



*If you need to stay in the hospital when your baby is ready to go home, an adult caregiver can bring your baby to visit.*

Other children under age 12 who come to visit must also have a responsible adult with them at all times.

### What can I expect when my baby is discharged from the hospital?

Whether your baby stays with you in the hospital or goes home:

- We will make a discharge follow-up plan for your baby.
- We will remove your baby's ID bands and security tags.
- Your baby will not have a nurse and will not receive nursing care.

## What should I do with my baby's soiled clothes and other personal belongings?

- Do **not** put personal belongings in the linen hamper. The service we use does laundry for many hospitals. We will not be able to get your belongings back.
- Ask your nurse for a green belongings bag for carrying soiled baby things home.
- Whenever you get up, remember to remove all toys, clothes, and electronic devices from the bed. We want to make sure your belongings do not go to the laundry when we change your sheets.

## What if I have concerns about not being with my baby?

- Being in the hospital when your baby is ready to go home can be very stressful. If you start feeling frustrated, please talk with your nurse. We can help you find resources that will help you handle being a new parent while still being in the hospital.
- Your family and other loved ones will also be feeling stress. They may not understand why the hospital is no longer taking care of your baby. Please show them this handout. Tell us if they need more explanation.
- If your support person or you are having any issues with your hospital stay or discharge plan, ask your nurse for a **care conference**. In this meeting, your doctor, social work, and nurse teams will sit down with you and your support person. We will talk about what needs to happen before you can leave the hospital and work with you to create a discharge plan.

### Questions?

Your questions are important. Talk with your doctor or nurse if you have questions or concerns.