



Maternity Department Family Guide

WELCOME to the Martha's Vineyard Hospital Maternity Department, and congratulations from all of us on your new arrival. We provide family-centered care here and encourage you to have your new baby with you as much as you like during your stay with us. It's a great way to start the two of you bonding — and if you're a new mom, it will help you learn the skills of infant care. If there's anything we can do to make your stay more comfortable, please let us know. And thanks for choosing Martha's Vineyard Hospital for your maternity care.

Dads

Dads are encouraged to participate in the care of their newborn during the day and night, with a maximum of one night's stay. Please check with your nurse after delivery to confirm that boarding space is available.

- Bathroom use – in the maternity waiting room, not in the patient's room
- Meals: Breakfast & Lunch are offered in the Café during posted hours (see Meal Hours). Evening guest trays are available for \$5.00
- Showers are not provided
- Proper sleep attire is required — no boxers, underwear or bare feet, please!

Visitors

We want to make sure that you get plenty of rest and private time with your new baby. So please ask your visitors to respect the posted hours — and tell the nurse if you wish to limit visitors. All visitors must check in with the nursing staff before entering your room.

- Fathers, grandparents and siblings may have unrestricted visiting.
- Visiting hours for all other family members and friends: 11:00 am - 1:00 pm and 6:00 pm - 8:00 pm
- The children of visitors may visit you only in the maternity waiting room, and view your baby through the nursery window.
- To safeguard the health of all maternity patients and their babies, we ask that any person with an illness or exposure to communicable diseases — flu, chicken pox, impetigo, TB, measles, mumps, rubella — not visit at this time.
- Visitors, fathers and siblings are requested not to use the patient rest rooms. There are facilities for them in the maternity waiting room.

Telephone Calls

Outgoing calls from your bedside telephone:

Local: Dial 9 first, then the phone number.

Long distance: Dial 8-1-0, area code and number. (You can bill toll calls to your home phone or credit card.)

Infant Safety

We must advise all parents of the potential for baby theft. All hospital personnel, including volunteers, are required to wear identification tags. They are also required to say who they are.

If you have any doubt as to the identity of an individual as an employee, do not allow them to take your baby. Ask them to leave your room. Activate the nurse call system and yell for help. Do not leave your baby unattended without first notifying the nursing staff.

For your and your baby's protection, the maternity department has audible door alarms at all entrances and exits.

Meal Hours

Breakfast: 8:30 am - 10:00 am

Lunch: 12:00 pm - 1:00 pm

Dinner: 5:00 pm - 6:00 pm

If you'd like a between-meal snack, just ask a nurse or dietician. We also have a refrigerator for snacks and goodies brought from home. The Hospital hosts a complimentary celebration dinner for the new parents before mother and baby go home.

Café Hours

Monday - Friday, 7 am to 3 pm

Breakfast: 7:00 am - 10:45 am

Lunch: 11:00 am - 2:00 pm

Going Home

The person driving you home can park either in the front of the hospital or in the emergency entrance parking area.

Please make sure they bring an infant car seat for your new baby. It's required!