

No One Ever Sleeps At Their First Slumber Party But Shouldn't Your Baby's First Sleepover Be With You?

UPMC Pinnacle

In the past, a baby's first night was spent under the bright lights of the nursery surrounded by other crying infants, missing the opportunity to be comforted by mom. Your postpartum stay gives you the opportunity to:

- **Build confidence as a parent.** Our staff is here to support you through your baby's first slumber party and offer tips to soothe your child at home.

- **Room-in with your baby.** Your familiar voice and loving touch calms your little one like no one else can.
- **Feed your baby as needed.** In the course of a baby's second night, they often find their voice and their appetite requiring frequent feedings. Having your baby in your room will make it easier to meet their tummy's needs.

We realize how tired you may be after giving birth. The following suggestions can make rooming-in a wonderful experience for the entire family.

- **Limit visitors or the time you allow them to come.** Although we have generous visiting hours it does not mean you want company coming all day. You need your rest. Consider telling your family and friends you have limited visiting hours to times that work best for you.
- **Take advantage of our "Quiet Time" from 1 until 3 p.m.** Those 2 hours allow you to take a nap or enjoy cuddling with your baby without any unnecessary interruptions.
- **Your support person can make all the difference.** Sometimes it is helpful to have two support people; one person during the day and another person at night. This will give each of them time to rest up at home. It is so important that your support person is available and able to help you and your baby during your postpartum stay, so you can get some needed rest and begin to heal.

We hope by rooming-in with your baby during your hospital stay, you will feel more confident facing your first nights at home.

For detailed information on your hospital stay and what to bring, please refer to the UPMC Pinnacle Maternity Resource Guide located in the inside pocket of Your Baby's Birth, which you should have received at your first doctor's appointment.

[UPMCPinnacle.com/Maternity](https://www.upmc.com/maternity)