

WHAT TO EXPECT WHEN DELIVERING AT



# Independence

## HEALTH SYSTEM

You'll find expert care, support and education in a warm, caring environment. In addition to state-of-the-art technology, we also follow new techniques that benefit both mothers and babies.



## ROOMING IN

Research has shown that "rooming in" may:

- Lower infection rates for babies
- Offer a better start for breastfeeding and improve its success
- Aid mother/baby bonding
- Help mom learn baby's cues
- Reduce stress caused by mother/baby separation
- Provide greater comfort for moms learning to comfort and handle their babies



## SKIN TO SKIN

Recommended by the American College of Obstetricians/Gynecologists and the American Academy of Pediatrics. We encourage skin-to-skin contact throughout the newborn period because babies:

- Maintain normal body temperature and blood sugar levels better
- Tend to cry less; startle less frequently, and soothe easier
- Spend more time sleeping quietly
- Have improved heart and lung function

For more information, call **724-832-4166**.