

Coach's Tool Kit

Welcome to Highland Hospital's Family Maternity Center. Being Mom's coach and main support person is an invaluable part of the experience of giving birth at Highland Hospital. We would like to offer some suggestions and options to make the experience more relaxing for you both.

One support person may, if he or she chooses to, spend 24 hours a day in the hospital with Mom and the new baby. You may stay with Mom at night, to be there for the first middle of the night feedings and to help care for the baby throughout your stay. A recliner can be brought into the room and used as a cot for coach to sleep on at night. Coaches who have taken advantage of this have said that, although not as comfortable as their bed at home, the cot provides a fairly good night's rest! Be aware, though, that you may not sleep as well in the hospital as you would at home. The reason is twofold; the excitement of helping to bring a new baby into the world is a very emotional and exhausting experience. Most new moms and their support persons do not sleep very well the first night. Second, you must remember that this is a hospital and that the nurses will be in every few hours throughout the night to check Mom's blood pressure, pulse, temperature and to check that everything else is healing appropriately. The baby will need feeding and diaper changes throughout the night. In any case, this could result in some interruptions at night. Please be assured that this is all necessary and in Mom and baby's best interest. If you decide to spend the night, here are a few suggestions to make your stay a little more comfortable. You may wish to look over the following list and bring items important to you to the hospital in a kind of "Coach's Tool Kit" similar to the one you may have used while coaching Mom through labor and delivery.

- Toothbrush, toothpaste and mouthwash
- Any prescription or over the counter medications you may be taking (the nurses CANNOT give you any medications).
- A clean change of clothing
- Comfortable sleepwear
- Slippers
- Your own pillows / towels from home
- A sleeping bag to cushion the pullout sleeper chair
- Personal care items such as razors, shaving cream, deodorant, etc.

There is a breakfast buffet on our unit each morning for Family Maternity Center families. For other meals, you may go to the hospital cafeteria or order a guest tray. With this option, you can order & pay ahead of time and have your meal delivered to the room. There is a coffee shop & Subway restaurant located within the hospital and many local restaurants will deliver to the hospital. Refrigerators and microwaves are available in the kitchens on the Mother-Baby unit for storing and reheating food from home. Please label your food.

You can go to the nurse's station and ask for sheets and blankets so that you can make the cot into a bed if you stay. Please fold the cot back to a recliner each morning and place your used linens, including towels and washcloths, in the soiled utility room located across from the nurse's station. This is not a responsibility of our housekeepers.

We hope this has been helpful to you. If you have any questions, ask your class instructor and if you learn of anything we can add to this list, please let us know.