

Welcome to the McGovern Maternity Suite

at CHA Cambridge Hospital



All of us at Cambridge Health Alliance want you and your new baby to stay close throughout your hospital stay.

We practice and encourage:

- **Skin-to-Skin Bonding** with your baby from birth throughout your stay
 - Reduces crying
 - Keeps baby warmer
 - Increases closeness between mother and child
- **Couplet Care/Rooming-In** so you can get to know your baby from the start
 - Many routines can be done while baby is in your room instead of the nursery
- **Personalized Care** for you and your baby, including help starting breastfeeding
- **Parent-Baby Classes** to learn more about how to care for yourself and your baby before going home
- **Pacifiers for Procedures Only** since pacifiers are not recommended in the early weeks
 - If you choose to use a pacifier, you will need to bring one of your own
- **Family-Centered Visiting Hours**



www.challiance.org



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