

SVDH

The nursing staff at Sierra View District Hospital is here to support both the new Mother and her baby. We will gladly assist you with your feeding choice for your newborn.

Please let us know if you do or do not want to participate in the Golden Hour or Skin to Skin.

The Family Birthing Center staff at SVDH are here to assist you in anyway possible to ensure that you have a wonderful experience in the birth of your baby. Please feel free to contact us with any questions @ (559) 788-6134.



THE FAMILY
BIRTHING CENTER

Presents

The Golden
Hour



What is the Golden Hour?



The first hour of your baby's life is golden!

It is the first time Mommy, Daddy and Baby spend together as a family! It is the time for introductions

and first, "oohs and ahs." The counting of fingers and toes, trying to figure out hair and eye color. Does he/she have dimples like....

It is a bonding time for you and your baby that is a once in a lifetime event and needs to be celebrated!

We want to give you and your baby that first hour together, uninterrupted, so you can get to know each other. We know you want to introduce your family and friends to your baby and we encourage you to welcome them after you have had this time alone with your baby.

Why it is important to bond with your baby in the first hour.

Studies show that the mother-child bond is critical for your baby's on-going growth and development.

We are promoting **Skin to Skin** in the first hours and days of your baby's life to help the two of you get to know each other.

This closeness is one of the best

ways for you to learn about your baby and begin the important process of bonding and connecting with your newborn.



Breast Feeding

The Family Birthing Center at Sierra View District Hospital strongly encourages our mothers to breast feed. Recent studies have shown some amazing benefits for both you and baby:

Benefits for Baby:

- 50 % ↓ in Ear Infections
- 27% ↓ in Asthma
- 39 % ↓ in Diabetes
- 19 % ↓ in Childhood Leukemias
- 36 % ↓ in SIDS

Benefits for Mothers:

- 28 % ↓ Breast Cancer
- 21 % ↓ Ovarian Cancer
- 12 % ↓ Diabetes

Information obtained from the AHRQ Report 2007

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