

North Carolina Women's Hospital

Mother Baby Sleepover

What is a Mother Baby Sleepover?

Mother Baby Sleepover is a special service offered by the NC Women's Hospital for a mother whose baby is staying in Newborn Nursery an extra day. You are given a place to stay over night as a special visitor. You will no longer be a patient, so we cannot give you any nursing care. But, for that night you will have a place to sleep, meals, and a place to feed your baby.

Why is it important for me to stay?

By staying at the hospital, you can feed your baby every 3 hours as usual, and there will be nurses and lactation consultants available to help you with the feedings until your baby has learned what to do.

Where will I stay?

We have a room with a hide-a-bed couch similar to the one in the patient rooms. It is near the nursery. You will need to use the restroom located in the hall nearby. If someone else is already using the room, we may put you in a patient room in the Women's Hospital. If all of the patient rooms are needed for newly delivered mothers, we will find you another place to stay.

What is different when I am not a patient?

Once you are discharged and no longer a patient, you will need to take care of yourself, including taking your own medicine. If you have prescriptions, you will need to have them filled so you have the medicine with you. You also need to have your own toiletries and personal hygiene supplies. You will be responsible for making your own bed. The nurses will give you sheets, blankets, and towels to use. If you need medical care for any reason, you will be directed to go to the Emergency Department for care.

What will not change?

Your baby's care will still be the same. Each time your baby is brought to you, the nurse will still check your ID bracelet to see that it matches your baby's bracelet. You will still be expected to feed your baby at all feedings, and your baby's nurse and the lactation consultants will continue to work with you and your baby on feedings. You will still be provided with hospital meal trays. You may also have someone bring you food, or go to the hospital cafeteria or Wendy's in the Neurosciences Hospital to eat. You are still welcome to use the breakfast bar set up in the Patient Activity Room.

*Approved by NC Women's Hospital
Patient Education Steering Committee
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