



MedStar Franklin Square
Medical Center

Shhhhh! Quiet Time *Visitor Policy*

With staff checking on you and your newborn, meal deliveries, housekeeping, visits from family and friends, time in the Mother/Baby Unit can seem quite hectic.

For your benefit and care, to help you bond with your newborn and have some time for yourself, the Mother/Baby Unit has a new policy: Quiet Time.

What is Quiet Time?

From 1 to 3 a.m. and p.m., nurses and staff will not enter your room unless you specifically ask us to do so, or unless it is medically necessary for you or your baby's care.

During these hours, you can relax, sleep, become more comfortable breastfeeding, or simply spend time with your newborn. This is one of the ways we are trying to be mindful of you and your family's needs. We will leave it up to you as to whether or not you want us to come into your room.

We will ask visitors to respect our Quiet Time and limit their visits in the Mother/Baby Unit between the hours of 1 to 3 p.m.

If you want visitors during Quiet Time, just let us know. We are happy to accommodate your request. We ask if you do accept visitors, that they be considerate of other mommies and babies during Quiet Time and keep voices and activities to a minimum. Shhhhh!

Thank you.