

Maternity Visiting Hours

Please check the hospital's website or call before visiting, as our policies can change frequently.

southnassau.org/visiting
516-632-3000

Directions to Main Campus:

Mount Sinai South Nassau is located at One Healthy Way in Oceanside. Simply take Oceanside Road south from Merrick Road. Continue until the first traffic light (Oswald Court) and make a left onto Oswald Court; the Hospital is on your right.



**Mount
Sinai
South
Nassau**

One Healthy Way,
Oceanside, NY 11572

mountsinai.org/southnassau

Family Centered Maternity Care

**Advanced, compassionate
care for you and your baby**



**Mount
Sinai
South
Nassau**

The very best maternity care, right from the start

From advances in high risk pregnancy care and Neonatal Intensive Care, to comprehensive education programs including prepared childbirth and breastfeeding classes, you'll find virtually everything you need to help make this new beginning for your family a wonderful one, right here in the community you call home.

Enjoy every moment of this special time, knowing that all of our compassionate, professional team members are here for you – and your baby – every step of the way.



- Rated "high-performing" by *U.S. News & World Report* for three years in a row
- Designated Baby-Friendly hospital
- State-of-the-art Labor/Delivery/Recovery rooms
- Neonatal Intensive Care Unit
- Maternal Fetal Medicine specialists for high-risk pregnancies
- Obstetrician on site 24/7
- Anesthesiologist on site 24/7
- Full-time Neonatologists available 24/7
- Labor and Delivery and Mother-Baby certified nurses
- International Board Certified Lactation Consultants who provide education and support
- Comprehensive Parent-Child Education Program
- Magnet® recognition – expert nursing care
- Certified by The Joint Commission for Perinatal Care



**TOUR OUR
PRIVATE
MATERNITY ROOMS**

The latest technology... The comforts of home

A “hospital within a hospital”, Women and Children’s Services offers care that’s of the highest quality, with some of the area’s leading specialists – in an environment that is comfortable, warm and inviting.

All Private Maternity Rooms

All 26 of our private maternity rooms include a full bath, flat-screen television and WiFi. With all-private maternity rooms and a comfortable family waiting area – as well as fully equipped Labor/Delivery/Recovery rooms and a state-of-the-art Level II Neonatal Intensive Care Unit – you can spend quality time with your baby, knowing that advanced, compassionate care is always there, should you need it.

Skin-to-Skin Contact

Following birth, your baby will be placed naked on your bare chest. Skin-to-skin contact is a natural and beautiful way to welcome your baby into the world, and can provide many benefits for you and your baby, including:

- Baby stays warm while lying on your skin
- Baby’s breathing, heart rate and blood sugar are more likely to remain normal
- Baby is more likely to breastfeed better
- Baby cries less
- Maternal-infant bonding improves

› Visit Our Maternity Center! Call 516-377-5310 to arrange a tour.



24-Hour Rooming In

Whether breast- or bottle-feeding, 24-hour rooming in is a great way to bond with your baby. Research shows that babies sleep better and cry less, and mothers have the same amount and quality of sleep, when together in the same room. Our staff will guide and support you and your family to care for yourself and your baby during your stay with us.

Maternity Orientation

Couples are invited to attend an informative Maternity Orientation. Information about the Hospital, a presentation and a tour of the Mother-Baby Unit are included. Call 516-377-5310 to arrange a tour.

Parent-Child Education Program

Mount Sinai South Nassau offers a wide variety of classes addressing educational needs during the prenatal through postpartum periods. For further information about our classes, call (516) 377-5310.

Lactation Resource Center

Support before, during and after your hospital stay

Mount Sinai South Nassau has established the Lactation Resource Center because we recognize the innumerable benefits of breastfeeding. The Center is staffed by a team of International Board Certified Lactation Consultants (IBCLC) to provide breastfeeding education, assistance and support before, during and after your hospital stay. Services include classes, a telephone line and support group. For further information about our services, please call (516) 632-3466.

Breastfeeding

Breast milk is the perfect food for your baby. It contains all the vitamins and nutrients that your baby needs to be healthy and thrive. As a Baby-Friendly hospital, we adhere to the Ten Steps of Successful Breastfeeding which consist of evidence-based practices that have been shown to increase breastfeeding initiation and duration.

Breastfeeding Benefits to Baby:

- Breast milk helps the baby’s immune system to mature
- Breast milk is easier to digest
- Helps babies to feel secure

Breastfeeding Benefits to Mother:

- Helps the mother’s body to recover from pregnancy and labor
- Is linked to a decreased risk of certain ovarian and breast cancers
- Is easier – no need to prepare and heat bottles
- Saves money – no need to buy formula



Designated Baby-Friendly

Mount Sinai South Nassau has been designated as a “Baby-Friendly” hospital for offering the highest level of breastfeeding education and support and for having environments that foster and encourage maternal-infant bonding. Mount Sinai South Nassau is the only hospital on Nassau’s South Shore to have been awarded the Baby-Friendly designation, which is sponsored by the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF).

