



## Get To Know

**Nafisa Kabani, RN**  
*Labor and Delivery*

*Nafisa Kabani is just one of the amazing nurses who works on our maternity floor. She has been with Harrington since February 1989 when she graduated from nursing school. Although she moved almost an hour away nearly three years ago, she refuses to work anywhere but Harrington, even if she has to stay overnight because of winter weather.*

**What do you think makes Harrington's Maternity Department so special?**

Nursing is just one part of what we do as nurses. We give our patients information on programs they can apply for, offer useful tips, and help them order the right equipment, such as breast pumps. We try to keep one nurse per patient in labor as much as possible, and patients really fall in love with their first experience here. They'll come back 10 years later pregnant with another child and want the same nurse again! The support we get from our bosses with scheduling and coverage areas gives us the opportunity to take the time with each patient to give them what they need.

**What is your favorite part of working with new parents?**

I think it's amazing because we are so family-oriented here. We usually spend two days with them after the delivery and come up with a plan between the three shifts of staff. My favorite thing is to see how each nurse teaches them something different and in their own way.

Our Family Birthing Center is located at 100 South Street in Southbridge, MA

Visit [www.harringtonhospital.org](http://www.harringtonhospital.org) for more information

**Harrington**  
**HEALTHCARE SYSTEM**  
*Total Local Care*

LABOR AND DELIVERY

**Harrington**

**HEALTHCARE SYSTEM**

*Total Local Care*



Beautiful beginnings start here.



## We know all about the miracle of childbirth.

At Harrington, we have been helping expectant parents and delivering babies for more than 75 years. With Harrington, you experience a birthing center that has its full attention on you, your baby, and your health.

## Before you Deliver: Birthing Classes

We want to be with you through every step of your pregnancy. We encourage you to enroll in our comprehensive childbirth education classes by your fifth month of pregnancy. All are welcome to attend our classes at Harrington, regardless of where you will deliver your baby. Our classes are helpful for first-time parents, as well as those who need a refresher.

Our Nurse Educator Rosanne Palumbo, RN, BSN, CLC, offers classes on a flexible schedule, with day, evening, and weekend availability. From labor basics to breastfeeding, we can provide it all. For more information or to enroll in a class, call 508-765-2289.

## Delivery at Harrington

### Options for Labor

We follow the mother's lead when it comes to pain management and labor options. We offer epidurals at the patient's request. We also support the mother in relaxation breathing. Some mothers even prefer a combination of both. Whatever you prefer, our staff of experienced and compassionate registered nurses and doctors will be with you every step of the way.

### Newborn vaccines

Protect your little one's delicate immune system. We recommend all babies receive a hepatitis vaccination. If you wish to set up a circumcision, ask one of our nurses and they will arrange the surgery before you are discharged.

### Skin-to-skin

We encourage and promote skin-to-skin contact with your baby as soon after birth as possible. Your partner could practice skin-to-skin with the newborn, too, to create a bond. Most moms who practice skin-to-skin care frequently find they have the most success with breastfeeding, among so many other intimate benefits for you and your baby.

### Newborn care

The first few months of infancy are crucial to your baby's health. Our clinical staff is here to help you through any issues. We provide exclusive email support for breastfeeding, and patients are encouraged to ask questions whenever necessary.

## The Baby Bag Checklist



### What to bring when it's time to deliver:

- Installed car seat (rear-facing in the back seat of your car)
- Going home outfit for your baby
- Blanket to swaddle the baby in on your way out of the hospital and on the way home
- A few changes of clothes for you

### What NOT to bring:

- Jewelry
- Lots of cash or other valuables
- Medications
- Diapers (we will provide those for you!)
- Breast pump—if you need one, we can help you order one