

### When is Quiet Time?

Quiet Time is from 1 pm to 2 pm, everyday.

### How can you contribute to Quiet Time?

We kindly ask that you:

- Inform your family and friends not to visit during this period of time.
- Turn off your electronics or at least limit their use.
- Turn off or dim the lights in your room.
- If possible, feed your baby before Quiet Time starts.
- Place your baby skin to skin with a parent.
- Limit the use of the call bell, except in case of an emergency.

**N.B** Your nurse is available during Quiet Time if you need assistance.

### How do health professionals help make Quiet Time a success?

- By diming the lights in the hallways.
- By informing visitors to respect this moment of calm.
- By avoiding all non-urgent care during this period of time.
- By decreasing noise coming from the nursing station.
- By postponing the transfer of new mothers from the delivery room during Quiet Time.

### Could I get some rest even after Quiet Time is over?

Absolutely! Posters are available on your door to inform visitors and staff that you are resting. It would be best to inform your nurse of your intention to rest in order to establish a teaching schedule with her. Please note that doctors could, however, do their rounds during this time.

### Toward better quality of care for the Outaouais clientele

We are hoping to hear your comments regarding Quiet Time through the Care Appreciation Questionnaire. Thank you!



INFORMATION FOR PARENTS ON  
“QUIET TIME” AFTER BIRTH

### What is Quiet Time?

Quiet Time is a period of calm that lasts one hour per day. It promotes the bonding between parents and their newborn through skin to skin contact and promotes recuperation from the delivery. Quiet Time aims at improving the quality of life of new families and of people working on the unit.

### Why has Quiet Time been established on the Maternity Unit?

Research has shown that new families in a private room are interrupted on average 53 times per period of 12 hours. Nursing and medical rounds, visitors, meal and cleaning services, as well as noise coming from outside the room are disturbing new families' sleep and capacity for new learnings.

Becoming a parent is a true milestone. Our role as health professionals is to accompany you and offer you a great deal of teaching during your stay at the hospital. Being exhausted can hinder your capacity to receive all the teaching and information we hope to offer during your short stay. Quiet Time helps fill new parents' need for rest, and the Hôpital de Gatineau is proud to be among the few hospitals to offer it.

### Noise as a hazard

- Noise is a cause of stress for new families as well as for health care professionals.
- Noise interferes with the healing process of wounds (vaginal tears and C-section incisions).
- It causes sleep disruption, which hinders the learning process.
- Sleep disruption is linked to a higher risk of post-partum depression.

A noise warning ear has been installed at the nursing station to promote a lower noise level.

### The benefits of skin to skin contact<sup>1</sup>

Some parents may believe that skin to skin contact only benefits breastfed or premature babies. However, it is good for all babies. Here are some of the advantages of skin to skin contact:<sup>1</sup>

- Offers the baby a gentle transition to the outside world.
- Mimics the feelings the baby had in the mother's womb.
- Promotes bonding between the baby and the parent.
- Relieves abdominal discomfort and promotes peaceful rest through heat and movement.

<sup>1</sup> Naître et grandir – Le contact peau-à-peau  
[http://naitreetgrandir.com/fr/etape/0\\_12\\_mois/soins/fiche.aspx?doc=bg-naitre-grandir-contact-peau-a-peau-methode-kangourou](http://naitreetgrandir.com/fr/etape/0_12_mois/soins/fiche.aspx?doc=bg-naitre-grandir-contact-peau-a-peau-methode-kangourou)