

## **Bringing Your Newborn Home in 2021 (Interview Transcripts)**

**Melinda Weiss, MD, OB/GYN, OSF HealthCare**

“Number one: Don’t panic. Number two: Don’t panic. And then moving on after that, I think a healthy dose of caution and nervousness is very normal in both new parents and seasoned parents alike. I would say just use common sense to a degree and just be mindful of your exposure and your level of risk.” (:25)

**Melinda Weiss, MD, OB/GYN, OSF HealthCare**

“Hopefully it helps people feel more protected, but I would still suggest being cautious when you are around other adults who have not been vaccinated or out in public and things like that – and remember to use good hand hygiene, wearing masks, and taking precautions to make sure you and baby stay protected.” (:14)

**Mary Grimm, BSN, RN CNML, Mother/Baby Nurse Manager, OSF HealthCare**

“The three most important things that we need to do are follow the three W’s – so wearing our mask, watching our social distance and one of the most important is washing our hands. So whether it’s with soap and water or with an approved hand sanitizer, those are all safe to use and you want to use those any time prior to handling your baby. Picking the baby up to feed, changing the diaper, just going to hug your baby – make sure anyone who is going to handle your baby uses an approved hand sanitizer or uses good old soap and water to wash their hands.” (:29)

**Melinda Weiss, MD, OB/GYN, OSF HealthCare**

“If grandparents are vaccinated and you feel comfortable that they have been social distancing themselves, I think it’s okay and reasonable to have them come over and meet the newborn – as long as the parents and immediate family with the baby are ready for that. I always suggest that as much as grandparents and other adults want to visit, it’s also really good to have your own private time with your newborn and learn your new normal. But also the more hands on deck you can have to give the baby more love and to get some help – that’s really good, too.” (:29)

**Mary Grimm, BSN, RN CNML, Mother/Baby Nurse Manager, OSF HealthCare**

“The same thing for them – washing their hands, if they are going to cough or sneeze always turn away from the baby. I think most children have done very well about coughing into their elbow. But again, the most important thing for siblings to do is hand washing. If they’re going back to school and they’re coming home from school, again, wash your hands before you come and greet your new brother or sister.” (:21)

**Melinda Weiss, MD, OB/GYN, OSF HealthCare**

“Welcome to parenthood. You are going to be anxious and panicked about everything from here on out – until your child is an adult and everything. Unfortunately there is no way to eliminate risk overall, so just do the best you can. And if you are concerned or if baby shows any signs of illness or anything that you are worried about, luckily we have great teams in place. You can always reach out to your OB/GYN or pediatrician who can help guide you – and if they determine that baby needs to be evaluated, there is always someone there.” (:30)