

# The Delivery Times

March 2022

## Fun Fact

The most popular names for babies born in March:

Boys– George & Oliver

Girls- Olivia & Amelia

## Nurses Corner

“The best part about being a mom/baby nurse is the time I get to bond with the moms and set them up to be independent. I make the best effort to give them the most amazing experience possible”

-Cindy M, LPN

## What's the Scoop?

- **Visitation:** At Sentara, the safety of our team members and patients is our highest priority. Please visit our website (click COVID-19 updates) for the most up to date visitation policy: [www.sentaraleighmaternity.com](http://www.sentaraleighmaternity.com)
- **Outpatient Lactation:** We want to continue supporting you on your breastfeeding journey after discharge. Call 757.261.6068 or email [slh\\_lactation@sentara.com](mailto:slh_lactation@sentara.com) to schedule your appointment! Check insurance for coverage.

## Virtual Tour

The birthing journey is like no other journey imaginable! Here at Sentara Leigh Hospital Family Maternity Center, we understand that every parent wants to be prepared as much as possible and expects to have a great experience during their stay. Use the QR code to watch the tour:

- Meet the director
- Take a look at the rooms
- Learn what to pack
- Understand the process from arrival to discharge



## Meet the Managers

Welcome to FMC! We are honored to assist you on such a rewarding journey. We look forward to visiting you while rounding on the unit!

Thank you for joining our Fami-Leigh



Christy Pidgeon, MSN, RNC-OB  
Labor Manager



Jesse McCoy, BSN, RNC-LRN  
Mother Baby/Nursery Manager