



# *The Golden Hour*



**H**ere at Saint Barnabas Medical Center, we recognize the importance of the “Golden Hour,” the first hour after birth.

We recommend this intimate hour to be reserved for the infant, mother and her significant other to allow the mother and infant the opportunity to enjoy the first hour of life privately bonding together.

Visitors are welcome to enjoy the new family after this hour is completed.

*Thank you for your cooperation.*

■ ■ **BARNABAS HEALTH**  
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