



the coit house

## Visitors and Siblings at Birth

With your safety and well-being in mind, these guidelines are based on years of experience supporting calm family-centered birth experiences while maintaining a focused, respectful environment.

### Active Support Only

Anyone attending any part of your birth must be an active support person. Individuals who are not actively supporting labor can unintentionally disrupt care. The Coit House is not a hospital setting, and because your stay is short and focused on recovery, feeding, and bonding, we do not allow visitors who are not directly supporting you.

Your supporting visitors are limited to three:

1. Your partner/primary support person
2. A doula from the recommended list
3. One additional support person who has attended a Coit House orientation session at least 6 weeks prior to your estimated due date. Register at [coitbc.com](http://coitbc.com) or call the office to schedule.

All support people must:

- Be actively engaged in supporting the birthing person
- Remain in the birth room (not gathering in common areas)
- Not be under the influence of drugs or alcohol
- Respect the birth space, staff, and supplies
- Note that meals prepared by staff are for the birthing person and one primary support person only
- Use 1st or 3rd floor bathrooms, not birth room suites

### Supporting You After Birth

We encourage loved ones who are not part of your birth team to support you by:

- Preparing meals
- Helping with household tasks
- Assisting with older children
- Supporting your rest

\*We discourage early postpartum visits focused on holding the baby, as this can interfere with rest, recovery, and feeding.

### Siblings at Birth

Having older children at your birth should be a thoughtful choice. They should be present as active participants, not due to lack of childcare. Birth can be long, unpredictable, and often occurs at night, which may be challenging for children and impact focus during labor.

If siblings are present, they must:

- Be mature enough to participate appropriately (generally at least 4 years old)
- Be siblings of the baby (not friends or other relatives)
- Have a designated **sibling support person** (not partner or doula) responsible for them at all times
- Be prepared through a sibling class or a documented conversation with a midwife
- If a child is unable to remain in the space appropriately, they will need to leave the facility with their designated support person.