

Caring for Yourself and Your Family:

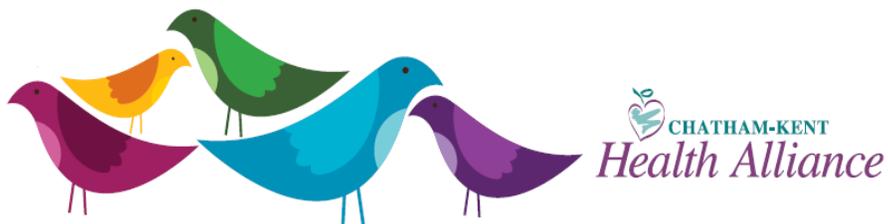
Parents and family members can be overwhelmed with emotion after the birth of their baby. Here are some suggestions that may help you and your family adjust:

- It is natural to experience emotional changes after childbirth. “Baby blues” and post partum depression should be taken seriously. Please reach out to your health care team for support.
- Establish a balance in your daily routine.
- Rest and relaxation every day is important for your wellbeing.
- Be comfortable with asking family and friends to help.

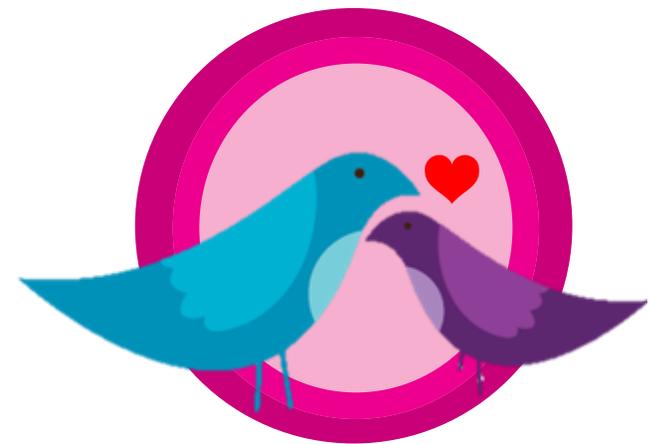
WE ARE HERE TO HELP, TELL US HOW.

Women & Children’s Unit Phone Number

519-437-6707



Welcome to our Women & Children’s Unit



POSTPARTUM

Welcome

Congratulations on the birth of your baby!

Our Women and Children's Unit embraces Obstetrical Triage, Labour and Delivery, Special Care Nursery and Paediatrics.

Our healthcare team is dedicated to working with you and your baby to provide information and support your needs during your hospital stay.

After Delivery:

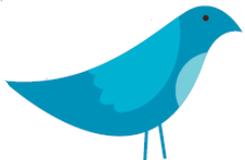


We are here to help you learn how to care for yourself and your baby. We will provide you with a "Health Teaching Checklist." If you or your partner have any questions or concerns, please don't hesitate to ask us.

Your success in achieving your feeding goals is important to us. We are trained to support, assist and educate you. We strive for our "*Baby Friendly*" Designation.

Rest is important for yourself and your baby as you prepare for your discharge home. Your support person is welcome 24 hours a day. Siblings are welcome at the bedside with adult supervision.

The number of people welcome at the bedside is determined in collaboration with you and your family. In a shared room, the rights and needs of other patient(s) will be taken into consideration. There is a designated waiting area (Room A302).



Additional Information:

- Handwashing is the most important thing we can do to prevent the spread of infection. For you and your baby's safety, everyone who comes into your room must wash their hands when they enter, when they have touched something other than your baby (i.e. changed a diaper) and when they leave.
- To protect the health of you and your baby, family or visitors are not to visit if they are ill.
- No perfume or scents when visiting our unit.
- "Skin to Skin the best place to begin" is a great bonding experience between parents and their baby.
- Your baby's first bath is recommended to be done after 24 hours to promote better temperature, blood sugar regulation, and gives you the opportunity to participate in your baby's first bath.
- Your baby will have bloodwork and a hearing test done prior to discharge.

