

Caring for Yourself and Your Family:

Parents and family members can be overwhelmed with emotion when a child is in hospital. Here are some suggestions that may help you and your family adjust:

- Establish a balance in your daily routine, make sure you take time for yourself.
- Be comfortable with asking family and friends to help.

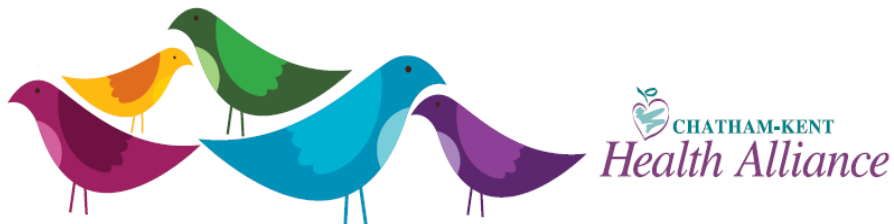
WE ARE HERE TO HELP, TELL US HOW.

Women & Children's Unit Phone Number

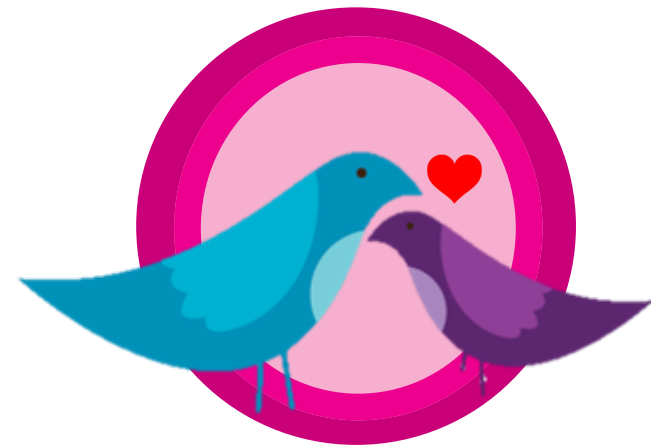
519-437-6707

Your Child's Room Number is: B_____

Questions: _____



Welcome to our Women & Children's Unit



PAEDIATRICS

Welcome

Our Women and Children's Unit embraces Paediatrics, Paediatric Day Surgery, Special Care Nursery, Labour, Delivery and Postpartum. Our healthcare team is dedicated to working with you and your family. We understand this can be a very stressful time having a child in hospital while still managing life at home.

Family Presence

Parents are welcome to stay with their child 24 hours a day. We encourage one family member to stay at night. Please speak with your nurse if you need other arrangements. Siblings are welcome to visit if they are healthy and supervised by an adult. If your child is in isolation, please speak with your nurse prior to their visit.

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. All children must have adult supervision in the waiting room. There is a designated waiting area (Room A302).

Food

Please speak with your nurse before bringing in any extra food. Your child may be on a special diet to help with their recovery. We may need to monitor their intake.

For yourself, Tim Horton's is open daily from 6:30 a.m.—8:30 p.m. and Subway is open daily from 7:00 a.m.—9:00 p.m. Our cafeteria is open Monday to Friday from 8:00 a.m.—2:00 p.m. Vending machines are located by the first floor main entrance, and in basement by the Sydenham Meeting Room.

Parking

There are many options available for parking, long term or short term. Please refer to the Patient Handbook for further information.

Safety:

- Handwashing is the most important thing we can do to prevent the spread of infection. For you and your child's safety, everyone who comes into your room must wash their hands when they enter and when they leave.
- If your child is in a crib, please have your nurse show you how to safely secure the crib side.
- If your child is in a bed, please make sure the side rails are up, and the bed is in its lowest position.
- A child in a highchair must not be left unattended.
- Please speak with us if you have other safety concerns.

Additional Information:

- You are welcome to bring activities for your child, and their favourite toy and blanket to make their stay more enjoyable.
- Parents are welcome to use our showers, please bring your own shampoo, soap, etc.
- We try to make your stay as comfortable as possible, please speak with us if you have any concerns.

