

Mother & Baby Education Guide

Preparing for Birth

WHAT TO BRING



In order to ensure a comfortable stay before and after your delivery, we ask that you bring the following items to the hospital.

PLEASE BRING THE FOLLOWING ITEMS WITH YOU ON ADMISSION

- Provincial Health Card
- Extended Health Insurance Card: If you are requesting semi or private accommodation, we will bill your insurance company directly.
- Credit Card: Credit card information and signatures are required on the billing consent if you are requesting semi or private accommodation or other non-insured services. It will be used if your insurance company does not remit payment within 45 days or pay the full amount. It is also used for any charges not covered by Provincial Health Insurance.
- Comfortable loose fitting clothes, house coat and slippers
- One or two regular pillows (well labelled)
- Personal care items (lotions, toothpaste, mouthwash, shampoo, soap, facial tissues, lip balm)
- Snacks and drinks for mom and family (the hospital will provide scheduled meals and drinks for the patient only)
- Camera and/or cell phone
- Music/entertainment
- Black pens as you need to complete multiple forms

PLEASE PACK FOR YOUR POST DELIVERY STAY

- Large sanitary pads
- Clothing for your baby (sleepers, onesie, hat)
- Few pairs of underwear as they may be soiled frequently
- 30 Newborn diapers and a package of baby wipes and Vaseline
- Nursing bra or good support bra and breast pads
- Breastfeeding pillow
- Clothes to wear home for mom
- Swaddling blankets
- Clothes to wear home for baby (sleeper, onesie, pant, hat)
- Car seat
- Cell phone and/or breastfeeding app to keep track of breastfeeding times

***The hospital will provide a minimal supply of sanitary pads and diapers. Additional supplies can be purchased from Health Plus Pharmacy located in the main lobby.*

Please do NOT bring valuables as the hospital is not responsible for lost, stolen or damaged items during your stay, including items such as jewelry, wallets and laptops

VISITOR GUIDELINES

At Mackenzie Health we provide patient and family centered care and we value and respect family as essential partners in providing excellent care. We will take all opportunities to encourage family participation in improving the overall health and wellbeing of our patients.

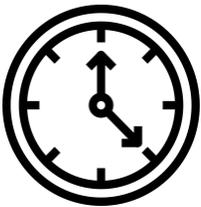
The number of people welcomed at bedside at any one time will be determined in partnership with the patient, family and interprofessional care team. In situations where there are shared rooms, this dialogue will include the other patient and his/her family. To ensure safety, considerations will also be given to the physical limitation of the space.

There may be interruptions and/or restrictions to family presence with respect to, but not limited to, the following reasons:



- To protect the privacy rights of other patients
- To maintain safety and security of hospital staff
- Patient request
- Infection prevention and control

VISITING HOURS



- General visiting hours are from 11am to 8:30pm
- Children under 12 years old **must** be supervised at all times



Family members who are feeling unwell, have an infection, symptoms of respiratory illness or flu-like symptoms are asked not to come to the hospital. In these circumstances, the interprofessional team will endeavor to use technology or other means to ensure family presence, while respecting the health and privacy of others.

PARKING



In addition to daily parking, you can now purchase multi-day parking passes. All parking passes enable non-consecutive use, unlimited in/out privileges and are valid for one year from the activation date.

H Pass Option	Price
5 Day	\$48
10 Day	\$95
30 Day	\$175

INTEGRATED BEDSIDE TABLETS



We have made it easier for you; the Mother & Baby Unit have Integrated Bedside Tablets for each patient room. The paid service includes television, telephone, games and web/internet. The tablets also offer some free services such as books, radio and local weather.

To protect patient confidentiality, telephone calls are not transferred by switchboard to patient rooms in the Labour & Delivery Unit, however **you** may call family and friends after you are admitted.

INTERNET SERVICE



Mackenzie Health offers **FREE Wi-Fi Services** for patients and visitors using your own device. Connect on Patient/Visitor networks and select Free Wi-Fi and agree to the terms of service.

We also offer paid high-speed internet services using your own device. Through your own personal laptop or mobile device, follow these 4 simple steps:

1. Ensure that the wireless adapter is connected and enabled on your laptop or mobile device.
2. Select "PatientVisitor" network, then select Paid Services and agree to terms of service
3. Open your web browser and type in any website URL/address
4. Pick a rate plan, register and enjoy!

All plans must be pre-paid by Visa, Mastercard or PayPal prior to receiving service. The hospital assumes no responsibility for loss or damage to your personal computer should you bring it with you as a patient or visitor at Mackenzie Health.

SMOKE FREE



Mackenzie Health is a smoke-free environment. The use of tobacco products is prohibited in all areas of the hospital including the inside of each building, the exterior grounds and parking lots. This policy applies to staff, volunteers, students, visitors and patients who are within the boundaries of the hospital.

COMPREHENSIVE CHILDBIRTH & BABY CARE SERIES

Our Childbirth and Baby Care class helps parents prepare and understand what will happen upon the arrival of their new baby, for both vaginal and caesarean section births.

You will learn about:

- Changes to your body during pregnancy
- Nutrition tips and Exercise
- What to expect in late pregnancy
- Stages of labour and false labour
- Coping techniques and pain management
- Delivery of your baby
- How you will feel after your baby arrives
- Postpartum care for Mom
- Becoming parents (physical and emotional changes)
- Baby's physical development
- Breastfeeding and feeding baby
- Holding and burping baby
- Changing diapers
- Safe sleep for baby

The fee for this class is \$150.00 per couple.

Class sizes are limited so be sure to register early.

This Class is also offered in Chinese please email for upcoming dates in Chinese.

This Class is offered in two different models:

- **Option 1** is offered on weeknights. Three 3-hour classes offered on consecutive evenings from 6:00 p.m. to 9:00 p.m.
- **Option 2** is offered over a weekend. One full day Saturday class from 9:00 a.m. to 5:00 p.m.

NEWBORN CARE



Babies don't come with manuals! So let us give you the tips and tricks you need to begin your journey into parenthood. Learn about bonding with your baby, calming a baby, establishing a schedule, tests for newborns, feeding and diapering, and more.

This class is 2.5 hours and give you the basics you need to be more comfortable taking your baby home. Cost for this course is \$50.00.

Please note If you have taken or are registered for the Comprehensive Childbirth & Newborn Care class, this information is included in that course.

BREASTFEEDING CLASS



This class is designed for all expectant mothers who plan to breastfeed and is a must for those who have not attended any prenatal class. It is also a good in depth review for those with experience and for those who have attended our full prenatal series.

A lactation consultant will discuss practical information on breastfeeding-latching and positioning, pumping and milk supply, how partners/families can help, along with information on nutrition and medication while breastfeeding.

Partners are welcome and encouraged to attend. This class is 2.5 hours. This class starts at 7:00 p.m.

There is a \$20 fee for this class. Class sizes are limited so be sure to register early.

PRENATAL CLASS AND EDUCATION



Mackenzie Health promotes prenatal education as the most effective way for women to prepare for their childbirth experience and to gain information on how best to care for themselves and their babies following birth. Classes are taught by a highly experienced team of nurses specializing in pregnancy, birth, and newborn care. Each class is designed to assist expectant parents to make informed choices both during and after pregnancy.

Please book your classes early in your second trimester as they fill up quickly. Class sizes are limited so be sure to register early.

Plan to take your prenatal classes between the 26th and 36th week of pregnancy.

To see a list of upcoming class dates, visit www.mackenziehealth.ca, select **Programs and Services** and then **Mother & Baby Care**. All registration is done online.

If you have questions, please email prenatalclasses@mackenziehealth.ca.

CANCELLATION POLICY

Due to the high number of registrations, we will not be able to accommodate rescheduling of class date once Class registration and payment is complete. No refund will be given unless cancellation is received more than 5 business days prior to the class or tour, (exceptions will be made for early delivery or medical reasons with a note).

PAYMENT

Payment is required through our secure server when you register online.

PRENATAL HOSPITAL TOURS



Prenatal Tours offer excellent education and orientation before you arrive to deliver your baby. These 45 minute to 1 hour tours include a complete tour of the Birthing Unit and birthing suites, the postpartum unit and rooms, provide basic overview on the care you can expect to receive at Mackenzie Health, and important information to prepare you to be comfortable during your birthing experience.

The fee for the Prenatal Tour is \$15 for a couple.

VAGINAL BIRTH AFTER CESAREAN SECTION (VBAC) CLASS

For families who had a cesarean section with a previous child to learn all about having a vaginal birth after cesarean section. The VBAC class will review vaginal birth basics, relaxation techniques, breathing patterns and medication options. This class will also provide a Cesarean section review including indications for the procedure and pre/post operative considerations.

There is no cost to attend this Class. Class sizes are limited so be sure to register early.

At the time of registration please confirm if you will be bringing your partner to this class

DISCHARGE PLANNING & LENGTH OF STAY



If you have delivered vaginally, you can expect to be discharged approximately 28 hours after the birth of your child. If you had a caesarean section, you can expect to be discharged two (2) days after the birth.

Discharges are done at anytime throughout the day. Upon discharge, please ensure you have planned your ride home and have an approved Canadian Standards Association (CSA) baby car seat available for your new baby. We must prepare the room for the next patient being admitted.



- You must have a CSA approved infant car seat to take your baby home. You are responsible for knowing how to correctly use this car seat. Nurses are not legally obligated to assist with the car seat set up.
- For assistance with infant car seat installation, please attend a car seat safety check available at no cost throughout York Region. For locations and times, visit www.yorkregionchildseat.ca or contact St. John's Ambulance at 905-773-3394.
- You will need to go to the Finance Office prior to discharge in order to reconcile your account for items not covered by Provincial Health Insurance, such as telephones, medical devices and preferred accommodation.

PLEASE ENSURE YOU HAVE ALL YOUR BELONGINGS WHEN LEAVING



- Provincial Health Card
- Your baby's **temporary** Health Insurance Card
- Forms for Birth Registration and Birth Certification (the registration form can be also accessed through the online website provided to you in postpartum)
- Any other personal belongings
- Discharge checklist and postpartum breastfeeding information

IF YOU HAVE ANY QUESTIONS, PLEASE CALL US



- Labour & Delivery: 905-883-1212 ext. 2125
- Financial Accounts Associate: 905-883-1212 ext. 2075

We hope that the birth of your child will be an amazing event in your life and if there are any concerns or questions, please feel free to bring it to the attention of any staff member.

We look forward to sharing this amazing experience with you!