

Welcome to the Mother Baby Care Unit

Care of yourself

- ★ Please remember not to get out of bed on your own the first time! The nurses will be glad to help you.
 - ★ Please call the nurse right away if you feel like you have had a sudden gush of bleeding, feel dizzy or suddenly unwell.
- Please use your own underwear and sanitary pads once the supplied quantity has been used. Additional pairs of mesh underwear and large pads are available for purchase if you require them.

Care of your baby

- ★ Please call the nurse anytime you are concerned about your baby!
Reasons to be concerned include, choking or trouble breathing, blue-coloured lips or face, difficulty waking
 - ★ Safe sleep – Please remember the safest place for your baby to sleep is in the cot/bassinette beside your bed on his/her back. There is a high risk of your baby falling from your bed, especially if you fall asleep together.
 - ★ Babies have fallen out of bed on the unit when parents are exhausted and fall asleep with them.
We recommend taking “shifts” with your partner or support person who is staying with you so you can take turns sleeping and caring for your baby
- **Security system** – your baby is wearing a security tag so staff will be alerted if anyone tried to take your baby from the unit. This will be removed at discharge.
 - Matching ID bracelets for mom and baby should also be in place. These will be checked anytime mom and baby may be separated or the baby is transferred to another area of the hospital.
 - **Safe Transport** - walking around with your baby in your arms can be potentially dangerous. We recommend transporting your baby in the cot/bassinette if you are travelling any distance in the hallway.
 - **Supplies** - once the provided supply of diapers is gone please use your own.
 - **Recording feeds, pees and poops** – please do your best to keep track of this information on the forms provided by your nurse. Unfortunately, we don't provide pens so hopefully you brought one with you!
 - **Doctor's appointment** - We recommend calling your Family Doctor or Pediatrician as soon as possible to arrange a follow-up appointment for your baby. He/she will need to be seen within 2-3 days after you leave hospital and it can be difficult to obtain an appointment, so the sooner you make it the better. If you don't have a doctor for your baby, ask your nurse if she can make a recommendation.

Visiting Suggestions - Since your stay in hospital is very short, it is best to use that time to rest, heal, and learn about your new baby (babies). Please consider asking family and friends to visit after you are home. If you are sharing a room please be considerate of other mothers and families.

- **Please ensure that there is a responsible person designated to care for any visiting children.** After hours, we ask that all other children be taken home. If you have childcare concerns please ask to speak with one of our Social Workers.

Patient Rooms

- **Bedside Entertainment Device (TV/Phone):** Menu is available on the main screen. Please be respectful of volume. After 10 pm please use headphones if you are sharing a room
- **Free Wi-Fi:** To access this service, connect your device to **LHSC Guest**, open a browser, and tap “Accept” to agree to Terms and Conditions
- **Hand hygiene:** Hand sanitizer dispensers are located in each patient room and in the hallways. Please remember to clean your hands often and ask visitors to do the same (especially after diaper changes and before handling your baby)
- **Bathrooms** in the patient room are for patient use only (**not** for your partner) - See below for additional bathroom locations
- **Garbage:** Please dispose of any waste, including dirty diapers in the provided garbage bins
- **Dirty linen** including soiled washcloths, towels, and baby blankets can be placed in the brown laundry hampers in each room
- **Please keep your bed in the lowest possible position at all times**

Mother Baby Care Unit

- **Meal times:** approximately 8:30pm, 12:30pm and 5:30 pm
 - Menus are brought daily to each patient with breakfast. They need to be filled out and returned with the lunch tray. If you arrive after breakfast there may not be a choice in what you receive the next day, but it will be based on allergies/preferences - example - no beef or pork, etc.
- **Sleep chairs** - We do have a limited number of sleep chairs for one adult to stay with you overnight, for support. Please ask your PSW, who delivers your meal tray, if one is available. **Availability is not guaranteed so please have an alternate plan in place**
 - The staff requests, for everyone’s safety, that you fold up the sleep chairs during the day. Please also put personal belongings and bags away in your closet/drawers to reduce tripping hazards and allow quick accessibility in case of an emergency
- **Ice/water:** Please ask your PSW or nurse if you need a refill
- **Public bathroom/shower:** Located near the C4 elevators by the double doors across from the waiting area
 - If your partner chooses to shower they must supply their own towels and toiletries
- **Cafeteria locations:** D3 - Faye’s cafeteria with Tim Horton’s, Subway, Pizza Pizza – *Open 24 hours/day*
B3 – Market Kitchen Cafeteria with Starbucks coffee – *Open 9 am to 3 pm daily*
B2 – On the Go with Tim Horton’s – *Open 6:30 am to 6:30 pm daily*
- **Cell phone usage** is welcome in all areas on the 4th floor unless otherwise posted
- **Discharge from hospital - Vaginal Birth** – most patients go home around 24 hours after birth
- **Cesarean birth** – most patients go home around 48 – 72 hours after birth

Your discharge time will be discussed with your health care team to ensure you & your baby(ies) are safe & ready to go home.