

We embrace the involvement of patients and their families in decision making and participation in hands on care. Individual needs and choices are recognized and included. We are partners together with you in your care.

Most of our rooms for mothers and babies are Semi-Private or Private. We have two ward rooms.

This means we now offer you:

- more privacy
- individualized mother/baby care
- less congestion
- lots of opportunity for parents to bond with their newborns
- siblings can visit

Family members can help care for baby.

USEFUL NUMBERS AT

[905] 576-8711

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Please call if you have any concerns or questions.

**LAKERIDGE HEALTH**
CORPORATION
Patients First

Family Centred

AT LAKERIDGE

HEALTH OSHAWA,

WE OFFER FAMILY

CENTRED CARE

IN THE MATERNAL

CHILD PROGRAM.

PRE-NATAL TOURS

Sign up and find out about:

- What to expect
- How to prepare
- How we can help
- Accommodation choices

NON STRESS TESTING

Those needing tests can have them done in an outpatient clinic on 5A at LHO.

EARLY LABOUR ASSESSMENT

Used to determine if labour has started.

GENETIC COUNSELLING

Those referred or who have family history of genetic problems can meet with our genetic counsellors at LHO.

BIRTHING CLASSES

LHO offers a series of 4 birthing classes offered by certified Lamaze childbirth instructors.

P.A.R.E.N.T. CLASSES

A 3-hour class for the pregnant woman and her partner to focus on care of the infant and mother following birth.

KANGAROO KAPERS

A teaching program for preschoolers to introduce the new baby.

- Direct admission to Birthing Suite.
- Support from family and friends during labour and birth.
- Labour, birth and recovery is usually arranged in the same room.
- Pain relief if requested.

WHAT TO BRING

- Toiletries, tissues & chapstick
- Bathrobe, underwear & slippers
- Track suit or nightie
- Baby's first clothes
- Clothes to go home
- Car seat (*please bring on day of discharge*)
- Pen
- Extra pillows
- Watch
- Diapers for Baby (newborn two dozen)
- Sanitary napkins

- Optional*
- Camera
- Small gift for siblings

WHAT TO LEAVE AT HOME

- Jewellery/Money
- Valuables

MOTHER BABY UNIT

- Moms and babies stay together - There are extended visiting hours for dad.
- Learn how to care for your new baby.
- Build your confidence and understanding of your baby before you go home.
- Breast feeding support/clinic
- Referral to Community Resources

ADVANCED LEVEL II REGIONAL NEONATAL INTENSIVE CARE UNIT

If your baby is sick or premature, we have a Neonatal Intensive Care Unit (NICU) with a healthcare team to care for your baby.

SELF CARE UNIT

A bed may be available for mothers who have been discharged but still have their baby in NICU.

BABY ID

Babies born at LHO receive a "passport" to security immediately after they are born.

The passport contains: Foot prints and details about the baby's weight, hair colour, eye colour and additional security information.

PEDIATRIC UNIT/REGIONAL CHILDRENS HEALTH CENTRE

If your baby/child becomes sick after discharge from the hospital, we have a Pediatric Unit with a health care team experienced in the care of children.

BREASTFEEDING CLINIC/SUPPORT GROUP

Lactation consultants to assist and encourage with breastfeeding issues before and after birth.