

What should I bring into the hospital?

- Food, snacks, drinks, water bottle
- Special toiletries including large, super absorbent sanitary pads
- Camera and electronics, massage tools, music
- Comfortable clothing such as robes, slippers, flip flops, loose-fitting, large underwear or adult diapers (i.e. Depends®)
- Sleepers, diapers, wipes, and blankets for baby
- Nursing bra
- Clothes to wear home
- Infant car seat with a CMVSS safety standard sticker

Where do I go when I arrive at hospital?

Once screened at the front entrance, you will be directed to Patient Registration to obtain an outpatient form. From there, proceed directly to the Obstetrics unit located on the second floor where you will find a locked door and an intercom system. Please use the intercom for a nurse to let you in.

The Mother-Baby Dyad:

Skin-to-skin contact after birth is beneficial for both you and your baby. This initial contact helps the baby transition to the outside world. After delivery, your baby is placed directly on your chest and abdomen and dried with warm towels. This is where your baby takes its first breaths and starts using all of its reflexes. This skin-to-skin contact has an effect on their temperature, breathing and heart rate; it also stimulates the initiation of breastfeeding.

Weight, measurements and other assessments are performed after your baby has had this skin-to-skin contact and the opportunity to breastfeed. The physicians and midwives will perform their initial assessments while your baby is still against your skin.

If you were to have a C-section, we also practice this skin-to-skin contact in the Operating Room. The baby is assessed and dried on the infant warmer and then brought to your chest to be placed skin to skin with you in the Operating Room.

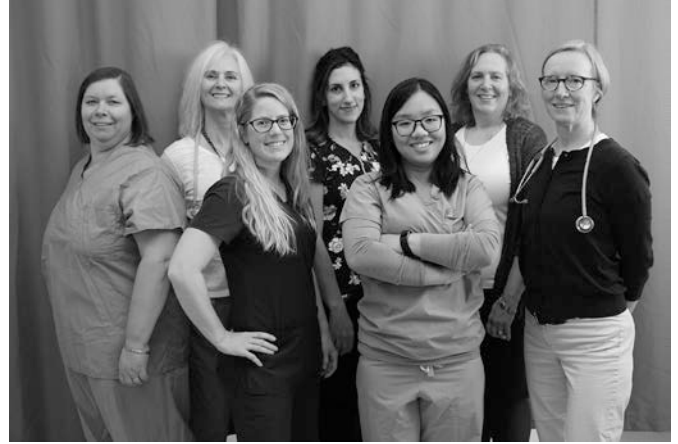
Prenatal Resources for Parents

Educational resources like handouts are also available for parents online:

- www.ontarioprenataleducation.ca
- www.simcoemusokokahealth.org/Topics/PregnancyandBefore

Made in Muskoka – Delivered in Muskoka

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Muskoka Algonquin Healthcare is proud to be part of your journey to welcome your baby and play a role in growing happy, healthy families!