Community Breastfeeding Support

Simcoe Muskoka District Health Unit www.simcoemuskokahealth.org

For urgent breastfeeding support and concerns and for more information on ways to protect your good health and the health of your family, contact Health Connection by calling 1-705-721-7520 or 1-877-721-7520 Monday to Friday, 8:30 a.m. to 4:30 p.m. The 'Healthy Babies Healthy Children' program offers supports for parents, including a free online course on breastfeeding.

Lactation Clinic, Huntsville www.algonquinfht.ca

The Algonquin Family Health Team offers a lactation clinic with an International Board-Certified Lactation Consultant.

Call 705-789-5986, ext. 200 for appointments.

Lactation Clinic, Bracebridge www.ccfht.ca

The Cottage Country Family Health Team offers a lactation clinic with International Board-Certified Lactation Consultants.

Call 705-762-1274 for appointments.

La Leche League www.LLLC.ca

A support group of mothers who have breastfed and completed extra education on supporting mothers with breastfeeding concerns. They have a wealth of experience and may be able to see you in person if you are having difficulties. The leaders are:

Kailey: 705-385-8721 Erin: 705-224-5444 Jen: 705-767-1023 Heather: 705-788-3178

North Muskoka Nurse-Practitioner Led Clinic, Huntsville <u>www.northmuskokanplc.com</u>

An International Board-Certified Lactation Consultant can occasionally see people if she has availability. Call 705-224-6752 to inquire.

Online breastfeeding courses and educational resources like handouts are also available for parents:

- www.breastfeedinginfo.ca
- www.firstlatch.net
- www.breastfeedinc.com
- www.lactationtraining.com
- www.courses.beststart.org



Obstetrics Preadmission Patient Information

South Muskoka Site Huntsville Site 705-645-4404 ext. 3272 705-789-2311 ext. 2261

Obstetrics and Family-Centred Care

The Obstetrics and Family Care units at Muskoka Algonquin Healthcare (MAHC) include a team of physicians, registered nurses, and midwives. We are here to provide support and care for your family as you experience this exciting stage of life. We provide care through the prenatal period, during labour and delivery, and the postpartum period. To take a virtual tour of the birthing unit at each site, visit www.mahc.ca/muskokaborn

Restrictions due to COVID-19

Changes have been made to how the hospitals function in order to ensure they are safe for everyone – our valued patients, and our staff, physicians and midwives providing care. We assure you the hospitals are well equipped to respond to and effectively manage the COVID-19 pandemic with special measures and precautions in place to protect your safety.

Due to the pandemic, only one support person will be allowed in the delivery room. It must also be the same person at all times.

There will be no visitors allowed. All persons are screened at the front entrance prior to entering the hospital.

Family-Centred Care / Visitors

We recognize that your family and partners are an integral part of the birthing experience. Due to the COVID-19 pandemic, we must enforce a no visitor policy to ensure the safety of everyone. When in the delivery room, one support person can be with you. All other family will need to stay at home. Many families are using virtual options such as FaceTime, WhatsApp and Zoom to introduce their newborn baby to family.

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 skinto-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.simcoemuskokahealth.org/Topics/PregnancyandBefore

Made in Muskoka - Delivered in Muskoka

#muskokaborn



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