

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 705-645-2333, ext. 3 for appointments.

North Muskoka Nurse-Practitioner Led Clinic, Huntsville www.northmuskokanplc.com

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.resources.beststart.org
- www.firstlatch.net
- www.breastfeedinc.com
- www.lactationtraining.com
- www.courses.beststart.org

Prenatal Resources for Parents

Educational resources like handouts are also available for parents online:

- www.smdhu.org/pregnancy



Obstetrics Preadmission Patient Information

705-789-2311 ext. 2262

Obstetrics and Family-Centred Care

The Obstetrics unit 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

Two support people will be allowed in the delivery room during labour, having self-screened for symptoms of infection at the front entrance.

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?

After screening 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.

Family-Centred Care / Visitors

We recognize that your family and partners are an integral part of the birthing experience.

Obstetrics patients may have two visitors per day during visiting hours of 10 a.m. to 8 p.m. MAHC requires all visitors to pass self-screening.

Children under the age of 18 may visit provided they are accompanied by an adult at all times.

The Mother-Baby Dyad:

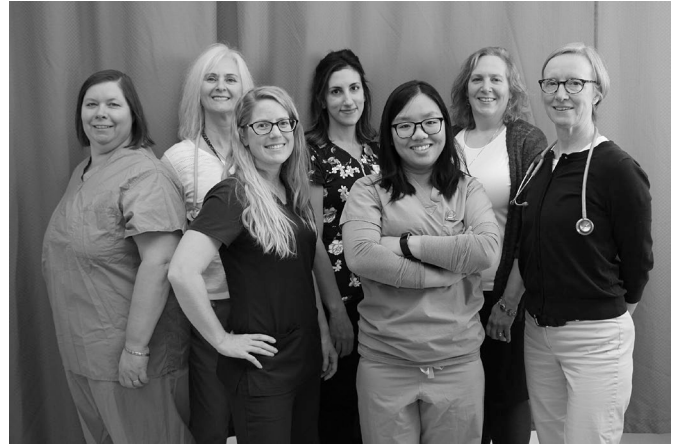
Skin-to-skin contact after birth is beneficial for both you and your baby. This initial contact helps the baby transition to the outside world. After delivery, your baby is placed directly on your chest and abdomen and dried with warm towels. This is where your baby takes their first breaths and starts using all their 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.

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!