


# Welcome to the Maternal Child Unit

**Stratford General Hospital**  519-272-8232

We are so excited to welcome you and your growing family to our Maternal and Child Health Unit! Whether you're arriving in early labour, for a scheduled birth, or to meet your little one very soon — we are here to support you every step of the way. 

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## Arriving at the Hospital

### **Between 7:30 AM – 7:30 PM**

Please come directly to the **Maternal and Child Health Unit (Second Floor)** to register.

### **After 7:30 PM**

Please enter through the **Emergency Department**, register there, and then proceed to our unit.

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## When Should I Come to the Hospital?

### If You Think You Are in Labour

- Time your contractions from the **beginning of one to the beginning of the next.**
- When contractions are:
  - Painful
  - Every 5 minutes
  - Lasting 1 minute
  - For at least 1 hour

 **Call the Maternal Child Unit (519-272-8232).**

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### If Your Water Breaks

- Call the Maternal Child Unit
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### About Discharge or Bleeding

- A mucous, blood-streaked discharge can happen before labour begins — this is normal.
  - If discharge is watery, your membranes may be leaking — call us for guidance.
  - If bleeding is bright red — **call and come to the hospital immediately.**
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## ? Unsure?

If you're wondering whether you should come in — **call us**. We are happy to talk it through with you.

After assessment, if you're not in active labour and everything looks good, you may be sent home to continue labouring comfortably.

 You may have **one support person with you in triage**.

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## Parking

- \$6.00 upon exit. (Tap payment accepted.)
  - Parking tokens available at the Business Office or Switchboard
  - Change machine located across from Switchboard
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## Your Postpartum Stay

Your length of stay depends on your delivery type and overall recovery. During your time with us, our nursing team will:

- ✦ Monitor you and your baby
  - ✦ Answer your questions
  - ✦ Support feeding and recovery
  - ✦ Help prepare you for home
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## Safety & Security

- The unit is locked at all times.
  - Visitors must check in and out.
  - Your baby will wear:
    - An ID band matching yours
    - A safety bracelet (removed before discharge)
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## Lactation Support

Visit our website at [www.hpha.ca](http://www.hpha.ca) for available resources.

## Visitors

- Visitors are welcome anytime.
  - Siblings are welcome with an adult. (Infants who require NICU care, refer to the SCN Parent Handbook for visiting guidelines.)
  - Anyone who is unwell should stay home.
  - Visiting restrictions may occur during viral outbreaks (we will communicate if needed).
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## Food & Amenities

### For New Moms



- In-room meals are provided.

### Additional Options

#### West Side Café

 Monday–Friday | 7:30 AM–2:30 PM  
West Building – Basement (Debit available)

#### Coffee Shop (Main Lobby)

 Mon–Fri 8:30 AM–7:00 PM  
 Sat–Sun 8:30 AM–1:30 PM (Debit available)

#### Vending Machines

Emergency Department & Second Floor Lobby  
(Debit/Credit available)

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## Room Accommodations

Semi-private and private rooms are available based on availability and insurance coverage.

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## Entertainment & Wi-Fi

- Please bring your own devices. (Note: Technical support not provided.)
  - Television services are not available.
  - Free Wi-Fi:
    1. Connect to **HPHAGuest**
    2. Open your browser
    3. Accept Terms of Use
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## Latex & Scent Free Unit

To protect all families:

- No latex balloons (foil only please)
- No perfumes or scented flowers

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## Going Home

Before discharge, your nurse will review important health information with you.

Your baby must leave in:

- ✓ A properly installed, up-to-date car seat
- ✓ With a National Safety Mark sticker

We recommend installing the car seat before labour begins.







You will also need:


- A follow-up appointment as directed
- To notify your healthcare provider if you experience postpartum concerns (outlined in your postpartum education)

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## For Scheduled Caesarean Section Patients


To avoid delays, please follow these guidelines:

-  Arrive **1½ hours before** your scheduled surgery time
-  Eat your final snack **6 hours before surgery**, then STOP eating (Refer to your “Eating and Drinking Before Surgery” handout.)
-  Remove all nail polish (including toes) and makeup
-  Shower with antimicrobial soap (chlorhexidine) the night before or morning of surgery
-  No smoking for 8 hours before surgery
-  One support person may accompany you

 Notify us immediately if:

- You develop a cold or infection
- You’ve been exposed to mumps, rubella, chickenpox, or pertussis

 Speak with your OB/physician about which medications to take or hold before surgery

 Leave valuables at home

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## We Are Here For You

Bringing a baby into the world is a big moment — filled with excitement, nerves, and so much love. Our Maternal Child team is honoured to care for you and your family during this special time.

We look forward to welcoming you soon.   