

Calvary Maternity Unit

Overview of the hospital

Pregnancy is an exciting time for you and your family. Calvary Lenah Valley is committed to meeting your family's individual needs during your pregnancy, birth and parenting journey.

Since our first baby was born in 1941, Calvary Lenah Valley Hospital has provided mother and baby centred services in our Maternity Unit. We are proud of our reputation for providing high-quality obstetric services in a warm and caring environment.

Calvary Lenah Valley Hospital has one of the best equipped Maternity Units in Tasmania with a level 2 Special Care Nursery, and 24 hour on-site doctor giving you peace of mind that you and your baby will have the very best care.

Our birthing suites are designed with an emphasis on comfort, and give you a relaxing, safe, comfortable environment in which to have your baby.

We actively encourage your partner and/or support person to be involved in your care throughout your pregnancy, during labour and beyond. Your postnatal room features a double bed, ensuite bathroom and partners stay free.

Calvary Lenah Valley offers:

- on-site obstetricians and paediatricians
- online virtual tour and ward tours on request
- spacious, private, double bed air conditioned accommodation
- free lactation consultant, prenatally and ongoing
- buffet breakfast
- free family seminars
- meet the midwives through our Shared Care Program
- prenatal education sessions
- free on-site parking
- nappies, clothes and baby linen
- Halo 'safe sleep space' wraps
- ensuite and baby bath
- portable bassinet
- spacious gardens

We look forward to helping you welcome your new baby in a relaxed and safe environment, where every birth is special.



We offer a free Shared Care Program where you can have visits with a midwife, sharing your pregnancy care with your obstetrician. We provide individualised midwifery care and support during your labour or caesarean birth and are happy to support your use of birth photography, doulas, and natural therapist during your labour and birth. We also have the latest technology to monitor your labour and assist in managing any complications. Our Special Care Nursery is well equipped and staffed with dedicated professional should your new arrival require these expert services.

We offer a comprehensive postnatal service, including specialist midwifery care; education and support; ongoing lactation consultancy service through our free on-site breastfeeding clinic; postnatal physiotherapy; individualised discharge planning; and support in accessing infant massage classes and Child Revive first aid courses through our community partners. We can link you to services within the community for ongoing support.

Feeding your baby

Our staff will be happy to assist you with the feeding method of your choice.

Planning for a pregnancy enhances what is sure to be one of the most joyous experiences in your lifetime. At the moment your focus is on your pregnancy and the birth of your baby, but researching your feeding options now can make life a lot easier in the busy days after your baby is born. Breastfeeding is a learned skill; both you and your baby need to learn. You'll learn by watching others, by experience and practice. Our experienced midwives and lactation consultants are here to help, assist and reassure you in whichever way you choose to feed your baby. The Breastfeeding Clinic at Calvary Lenah Valley is available for prenatal consultation. Please contact our Maternity Unit for an appointment.

Baby Friendly Policy

The Baby Friendly Hospital Initiative has been developed by the World Health Organisation and UNICEF and incorporates ten steps to successful breastfeeding. Calvary Lenah Valley policy is based upon these ten steps and is available for viewing by parents.

Lactation Consultant

A Lactation Consultant is available for any breastfeeding problems you may experience. We also have a free Breastfeeding Clinic, which you may access during your stay, after you and your baby leave our hospital, and for your entire breastfeeding experience.

After the birth

After delivery, your baby remains with you, and subsequently goes with you to your room.

The midwife provides support and assistance to you with care and feeding of your baby; if you so desire – handing your baby from the cot, helping you to be in a comfortable position. It is not always necessary to change the nappy, as minimal disturbance of the baby will help it to settle quickly after a feed.

Contrary to popular opinion, mothers who have their babies with them at night do not lose sleep, in comparison with mothers whose babies are in a nursery.

In fact, there maybe some beneficial effects including better quality sleep. You are less likely to be disturbed by the sound of other babies in the night. Your midwife will assist you with rooming-in following a caesarean section.

Partners role during your stay in hospital

We welcome the family as a whole and as such do not restrict visiting times for partners and other children.

Partners are welcomed and encouraged to attend all the Parent Education Sessions. The aim is to give you a safe forum to ask questions and help your transition into parenthood.



As a support person fathers are welcome in the birthing suites and seen as part of the whole process – we like you to be as involved as you and your partner feel comfortable, offering a constant in the transition from home to hospital. As the person who knows the labouring woman best you are uniquely qualified to offer support and guidance during labour and birth. You are offered the opportunity to cut your babies umbilical cord, but do not have to if you don't wish to. You may find that you have the job of photographer also.

It is hard work being a support person. We offer you meals and snacks while you are in the birth suites or on the day of a caesarean birth. When you move out to the postnatal ward you are able to stay with your partner and baby on a double bed or two single beds. All linen is provided and it is expected that you will assist in the care of your baby. You may order meals for a small charge, payable prior to service.

Contact

49 Augusta Road
Lenah Valley TASMANIA 7008

Phone: 03 6278 5328 **Fax:** 03 6278 5541

Email: maternity@calvarycare.org.au

www.calvarylenahvalley.org.au

Calvary Maternity Unit

Education sessions

Our aim is to provide information, guidance and support during your pregnancy, birth and throughout the postnatal period, this will help you to make informed decisions for you and your baby.

Parent Education Program

At Calvary we offer a comprehensive Parent Education Program for you and your partner. Free Prenatal Parent Education sessions are coordinated by our staff.

Evening sessions

The Parent Education Program runs over three evenings and covers topics such as parenting, labour and vaginal or caesarean birth.

Session 1: Labour and birth:

- role of the support person(s)
- the natural process of labour
- managing contractions at home
- strategies for the management of labour
- pain relief options
- tour of the birthing suite and how to use facilities
- the process of giving birth
- when to come to hospital
- medical interventions, why and when is it necessary?
- caesarean birth
- where to come / what to bring.

Session 2: Introduction to parenting and breastfeeding:

- role of parents and lifestyle changes
- decision making for you and your baby
- communication as a couple about parenting and related issues
- emotional changes in pregnancy and parenting
- baby care in hospital and at home
- realistic expectations of self and baby
- benefits of breastfeeding for mother and baby



- The 10 Steps to successful breastfeeding
- breastfeeding position and attachment
- meet a new baby and what to expect with their appearance.

Session 3: Doctors session:

- a paediatrician will discuss their role in the care of your baby
- immunisations and your baby's first weeks
- an anaesthetist will discuss pain relief options for you labour, birth or caesarean section.

OR

Saturday workshop

This one-day intensive workshop covers labour, vaginal and caesarean birth, introduction to parenting and breastfeeding.

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Couples who attend this session are invited to attend a Doctors session also.

Refresher session

We run specific individual sessions for parents who have previously had a baby.

Our focus will depend on your individual needs and can offer information and support relating to:

- vaginal birth following a previous caesarean birth
- debriefing of previous experiences
- assisting you to feel in control of decision making for this pregnancy, labour and birth.

Our experienced specialist Lactation Consultants will offer an individualised session for parents at request.

Grandparents session

This workshop is designed to educate grandparents in the advances and changes that have occurred in postnatal care since they were parents.

Postnatal education

- Specialist midwifery care.
- A wide selection of education literature and videos are available upon request.

Breastfeeding clinic

Calvary Lenah Valley is an accredited Baby Friendly Hospital by the World Health Organisation and UNICEF.

We aim to provide services of the highest quality to support breastfeeding mothers before and after your baby's birth, while ensuring mothers who decide not to breastfeed are also provided with information and support.

The Parent Education Program includes a session dedicated to help new mothers prepare for breastfeeding, position and attachment.

A specialist Lactation Consultant can provide individual support to help prepare for breastfeeding, including women who have experienced:

- previous breast reduction or breast surgery
- previous breastfeeding difficulties
- flat or inverted nipples
- any special needs – physical or emotional
- mothers who are diagnosed with gestational diabetes or other pregnancy related conditions.

How to book

Lactation Consultants are available Tuesday and Thursdays from 8.00am to 4.00pm. These times may vary, please call to make an appointment and we will advise you of the available times.

To make an appointment telephone the Maternity Unit on 03 6278 5328.

The Breastfeeding Clinic is located on the Maternity Unit.

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Special Care Nursery and provided services

The Special Care Nursery is a specialist service for babies requiring extra medical newborn support and care. Our Special Care Nursery can care for newborns from 34 weeks gestation.

Special Care Nursery

Our Special Care Nursery can care for newborns from 34 weeks gestation. We provide 24 hour care by expert paediatricians and our team of highly skilled midwives.

Our Special Care Nursery is located right next door to our 5 delivery suites and is fully equipped with specialised medical equipment.

If your baby requires more intensive care, we are fully equipped to stabilise your baby prior to transport to the Neonatal Intensive Care Unit. Transfer support is provided by the Newborn Emergency Transport Service, from the Royal Hobart Hospital, 24 hours a day, and seven days a week. Once your baby's condition improves, we encourage transfer back to our unit, until your baby is ready for discharge home.

The Unit is also a step down facility for babies born elsewhere who no longer require intensive care nursing and are not yet ready for discharge.



Food services

Our menu has been designed to cater to your taste and preferences. The food service staff will be happy to discuss any special dietary needs you may have.

Meals will be provided for partners on the day of your baby's birth. If partners are rooming-in FREE buffet breakfast is provided. The buffet breakfast is available to new mothers, or they may choose to order from the menu. A morning and afternoon tea selection is provided as well as a snack fridge for new mothers.

Additional partner meals may be purchased from the hospital kiosk or kitchen.

Meal times:

Breakfast	8.00am
Buffet	7.00am - 9.30am
Lunch	12.00pm
Dinner	5.30pm

Celebration platter

To celebrate your family's new addition, our food services staff will prepare a complimentary antipasto platter for you and your partner. You need to order this at least 24 hours before it is required to ensure the kitchen have all the freshest ingredients available for you to enjoy.

You may wish to consider not ordering an evening meal as often people find the platter sufficient.

Calvary's Shared Care Program

Our Midwifery and Obstetrician Shared Care Program incorporates appointments with your obstetrician and regular appointments with a team of midwives from Calvary Maternity.

This model of care gives you the opportunity to get to know the midwives who will be involved in your care on the Maternity Unit during your birth and postnatal period.

It promotes continuity of care which leads to better communication, and an increase in participation in decision making, therefore creating a collaborative approach to maternity care.



The program appointments with the midwives will run Tuesday between 6.45am and 3.15pm and are located on the Maternity Unit level 3, Calvary Hospital Lenah Valley. The appointments with the midwives are free of charge.

To be involved in Calvary's Midwifery and Obstetrician Shared Care Program please discuss with your obstetrician at your first appointment or contact the Maternity Unit on 6278 5328.

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Booking in to have your baby

Step 1

Complete the maternity registration details form either online or as supplied with this package.

Step 2

Contact the Maternity Unit ward clerk on 03 6278 5328 and make an appointment for a pre-admission meeting with a midwife. You may also book your parent education classes and Antenatal Clinic appointment at this time.

Step 3

Forward your completed maternity registration details form to the Maternity Unit, OR bring the completed form with you to your pre-admission meeting (unless done on-line).

It is advisable to bring a referral letter from your doctor or a copy of your antenatal history to your pre-admission meeting. We also suggest that you discuss your level of cover with your Health Fund prior to your hospital admission. This is to ensure that your Health Fund covers you in the event that your baby requires the use of our Special Care Nursery.



On-going support

- Calvary Lenah Valley – 24 hour a day phone advice
- Breastfeeding Clinic – Tuesday and Thursday (8.00am-4.30pm). These times may vary, please call to make an appointment and we will advise you of the available times.
- Family and Child Health – a referral is made for all infants prior to discharge from hospital, you will be contacted and followed at home
- C U @ Home Program – Family and Child Health for women aged 15 to 19
- Good Beginnings – Phone: 02 9211 6767
- Parenting Centre New Town
Phone: 03 6278 1610 or 1800 808 178
- Obstetrician – usual 6 week check
- Paediatrician – usual 6 week check
- General Practitioner – as required
- Multiple Birth Association – Phone: 03 6229 4841.

Early discharge

Our quality partners at Hill Street Grocer provide gift vouchers for families choosing early discharge.

Visiting times

Visiting times are unrestricted. We do provide signs to help you regulate your visitors so as you may rest or spend time with your baby as a family. New mothers can often find it hard to breastfeed in front of others when they are just learning – so we provide a lounge area and other sitting areas where visitors may wait if you are happy for this to occur.



Due to privacy regulations we cannot give out any information about you or your baby over the phone, but are happy to transfer phone calls to your room on the postnatal unit. A bar can be put on your phone if you do not wish to receive phone calls.

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