

Cambridge Memorial Hospital Childbirth Program

A new baby...how wonderful!

Visiting

- As the newborn's parents, you set your own visiting hours. We may limit visits for health reasons or for teaching
- The rooms on this unit are small. For your comfort, We recommend two (2) visitors at a time.
- Children under 14 years of age may not visit unless they are the brother or sister of the newborn. We ask that visiting children are up-to-date with their immunizations.

What to bring to the hospital

For Mom	For Baby	For Support Person	Please Do Not:
Ontario Health Card and Insurance information	1-2 packs newborn diapers	Pillow, sleeping bag	Wear perfume or scented products.
Medications	Wipes, barrier cream	Change of clothes	Bring latex balloons
Feminine pads	Sleepers	Food & drinks labeled with name	Lilies
Change of clothing	Clothing for trip home		Wear jewelery or bring items of value
Personal care items	Undershirts, socks, hat		
Pillow, music, etc.	Receiving blankets		
Popsicles, pen	Safety-approved car seat		

Resources

Cambridge Memorial Hospital

For further information please call; 519-621-2330 extension 4355 or visit our website at:

<https://www.cmh.org/programs/childbirth-care-obstetrics>

Public Health Child and Family Health Team

Healthy Children Information Line: 519-883-224

<http://chd.region.waterloo.on.ca/en/childfamilyhealth/beforethebabyisborn.asp>

Breast Feeding Workshop

A FREE two hour Prenatal Breastfeeding workshop is available!

<http://www.regionofwaterloo.ca/en/servicesForYou/Beforethebabyisborn.asp>



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