

# Patient Information

## MOTHER BABY UNIT

The Mother Baby Unit has been established to provide support and expert care to families experiencing antenatal and postnatal difficulties in babies 0-12 months. These difficulties may include:

- Maternal exhaustion
- Antenatal/ postnatal anxiety and depression
- Feeding difficulties
- Infant sleeping problems
- Unsettled/irritable infants
- Reflux and colic

We offer two programs

- Four Night Residential Program
- Day Program

The **Residential Unit** provides the opportunity to address more complex needs of families with infants. The program usually runs for a period of four nights and is for babies 0 – 12months of age. The Team will discuss your length of stay as the admission progresses.

The **Day Program** provides the extra care that may be required following the birth of your baby. We aim to increase your parenting confidence and help you solve those feeding/ sleep routine issues to suit you and your baby. This individually tailored one day program runs from 9.00am to 3.30pm.

In each program, the family has a collaborative plan developed to fit them as individuals. This includes:

- Assessment
- Information about normal infant growth and development
- Infant settling techniques
- One to one counselling

After discharge, follow up care is provided to the family by telephone contact and additional community support can be organised.

### STAFFING

The Mother Baby Unit is staffed by qualified Maternal and Child Health Nurses, Psychiatric Nurses, Midwives, Mothercraft Nurses and State Enrolled Nurses, all with experience and knowledge in this field. In addition, Psychiatrists, psychologists and Paediatricians are available if required on a consultancy basis.

### FACILITIES

All rooms have ensuite facilities and contain a refrigerator, television and telephone. In addition, the unit has a dining room and kitchenette. Both the primary care giver and the infant stay in the unit. Babies under 8 weeks room in, whilst older babies have their own room.

### VISITING HOURS

Partners and other children are welcome to visit at any time. We encourage other visitors be kept to a minimum.

### REFERRALS AND ADMISSION

The primary caregiver and /or infant are admitted under an accredited Medical Practitioner and receive individual, professional guidance, which includes medical and psychological care. Infants up to 12 months of age are admitted.

We endeavour to provide support as early as possible and take into consideration individual needs and concerns. There are three forms that require completion before a name is placed on our waitlist. Please note that the Pre-Admission Medical Report must be completed by a Medical Officer such as a General Practitioner, Paediatrician, Obstetrician or Psychiatrist. All three forms are available on our web site and once completed can be mailed or faxed to our Intake Officer.

**3 FORMS WHICH REQUIRED FOR ADMISSION**– Available for download at [www.mitchamprivate.com.au/mbu](http://www.mitchamprivate.com.au/mbu).

1. [Mother Baby Unit Intake Form](#)
2. [Edinburgh Post natal Depression Score](#)
3. [Medical Pre Admission Form](#)

Completed forms are to be faxed to the Mother Baby Unit on FAX: (03) 9210 3183

# Patient Information

## WHAT TO BRING FOR RESIDENTIAL PROGRAM

- Infant Health Record (Blue Book)
- Health Insurance Details
- Medicare Card
- Casual, comfortable Day Clothes
- Night Attire
- Toiletries (include sun lotion in warmer months)
- Current Medications
- Tissues
- Money for massage (\$60)

### For Infant

- Clothing
- Toiletries
- Pram
- Favourite Toys, Play Blanket, Wraps, Bibs
- Current Medications
- Bottles, Bottle Brush, Teats, Formula and infant cup (if required)
- Disposable nappies
- Infant Cereal (if required)

### Mitcham Private Hospital Supplies

- Towels, Linen
- Steam Sterilisers
- Solids for Babies if needed

## WHAT TO BRING FOR DAY PROGRAM

- Infant Health Record (Blue Book)
- Health Insurance Details
- Medicare Card
- Casual, comfortable Day Clothes
- Current Medications
- Tissues

### For Infant

- Clothing
- Toiletries
- Pram
- Favourite Toys, Play Blanket, Wraps, Bibs
- Current Medications
- Bottles, Bottle Brush, Teats, Formula and infant cup (if required)
- Disposable nappies
- Infant Cereal (if required)

### Mitcham Private Hospital Supplies

- Towels, Linen
- Steam Sterilisers
- Solids for Babies if needed

Contact Mother Baby Unit if you have any questions on (03) 9210 3134

*Note: We recommend you leave all valuable personal items at home, including money and jewellery. We cannot accept responsibility for the loss of damage of any item brought into the hospital.*