

## Community Breastfeeding Support

### **Simcoe Muskoka District Health Unit**

[www.simcoemuskokahealth.org](http://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](http://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](http://www.ccfht.ca)

The Cottage Country Family Health Team offers a lactation clinic with International Board-Certified Lactation Consultants.

Call 705-762-1274 for appointments.

### **La Leche League** [www.LLLC.ca](http://www.LLLC.ca)

A support group of mothers who have breastfed and completed extra education on supporting mothers with breastfeeding concerns. They have a wealth of experience and may be able to see you in person if you are having difficulties. The leaders are:

Kailey: 705-385-8721                      Erin: 705-224-5444  
Jen: 705-767-1023                      Heather: 705-788-3178

### **North Muskoka Nurse-Practitioner Led Clinic, Huntsville** [www.northmuskokanplc.com](http://www.northmuskokanplc.com)

An International Board-Certified Lactation Consultant can occasionally see people if she has availability. Call 705-224-6752 to inquire.

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Online breastfeeding courses and educational resources like handouts are also available for parents:

- [www.breastfeedinginfo.ca](http://www.breastfeedinginfo.ca)
- [www.firstlatch.net](http://www.firstlatch.net)
- [www.breastfeedinc.com](http://www.breastfeedinc.com)
- [www.lactationtraining.com](http://www.lactationtraining.com)
- [www.courses.beststart.org](http://www.courses.beststart.org)



## **Obstetrics Preadmission Patient Information**

South Muskoka Site    Huntsville Site  
705-645-4404 ext. 3272    705-789-2311 ext. 2261

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### Obstetrics and Family-Centred Care

The Obstetrics and Family Care units 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](http://www.mahc.ca/muskokaborn)

### Restrictions due to COVID-19

(subject to change due as the pandemic evolves)

Changes have been made in order to ensure everyone is safe – our valued patients, and our staff, physicians and midwives providing care. We assure you the hospitals are well equipped to respond to and effectively manage the pandemic with measures and precautions to protect you.

Two support people will be allowed in the delivery room during labour, having passed screening at the front entrance.

Limited in and out privileges will be at the discretion of the clinical team. All persons are screened at the front entrance prior to entering the hospital.

### 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 COVID-19 screening. No children under the age of 18 will be allowed in the hospital to visit their parent(s).

Many families are using virtual options such as FaceTime, WhatsApp and Zoom to introduce their newborn baby to family.

## 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?

Once screened 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.

## 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 its first breaths and starts using all of its 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.

## Prenatal Resources for Parents

Educational resources like handouts are also available for parents online:

- [www.ontarioprenataleducation.ca](http://www.ontarioprenataleducation.ca)
- [www.simcoemuskokahealth.org/Topics/PregnancyandBefore](http://www.simcoemuskokahealth.org/Topics/PregnancyandBefore)

## **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!