



The Midwives of Gippsland Southern Health Service welcome you and thank you for choosing our hospital to give birth to your baby. We have compiled this information booklet to assist you to prepare for the birth of your baby.

Vision Statement

Dedicated to Health

Mission Statement

We Care for You

Protecting the privacy of your information

Gippsland Southern Health Service is committed to maintaining the privacy and confidentiality of your personal information. For more information please contact the Freedom of Information/Privacy Officer by calling 03 5667 5555, or address any written information to Freedom of Information Officer, Private Bag 13, LEONGATHA VIC 3953.

Midwives' Philosophy

The Midwives of Gippsland Southern Health Service acknowledge that pregnancy and childbirth are unique and important life experiences. The Midwifery Philosophy of Care is based upon the belief that pregnancy and childbirth is not an illness, but primarily a healthy process and a normal part of our lives.

At Gippsland Southern Health Service, we are committed to providing holistic, high quality, progressive care for women and their families, and to enhance and protect the natural birthing process.



What is a Midwife

A Midwife is a Registered Nurse who has successfully completed the prescribed studies in Midwifery to become a qualified Midwife, and is a highly educated, trained and skilled practitioner. Midwives, in consultation with the woman, can provide the necessary supervision, care and advice during pregnancy, labour and the post birth period, and are qualified to guide and assist births on their own and care for the newborn infant.

This care also includes preventative measures, the detection of abnormal conditions in the mother or the baby and the ability to initiate emergency measures until medical help arrives.

Midwives have an important role in health counselling and education for both the woman and her family and indeed the wider community.



Talk to a Midwife about

- Expectations and anxieties;
- Care in pregnancy/preparation for birth;
- Nutrition and exercise;
- Alcohol and smoking and the effects on your unborn child;
- Sexuality during and after pregnancy;
- Labour and birth/birth choices/active birth;
- Drugs used in labour and the effects they may have on you, your baby and your labour;
- The effects of episiotomy and caesarean section;
- Breastfeeding and infant feeding;
- Infant care;
- Postnatal feelings/depression;
- Postnatal exercises; and
- Parenting and its effects on your lifestyle.



Antenatal Contact



Childbirth Education Program



The midwives like to see you during your pregnancy to discuss any concerns you may have. Booking-In appointments should be arranged between 12-16 weeks and are held at the Maternity Unit. Antenatal consultations with a midwife take place at the Leongatha Hospital at 24, 32 and 37 weeks. Your partner is encouraged to attend as well.

The Childbirth Education Program offers prospective parents a series of five sessions designed to prepare them for their pregnancy, labour and birth, as well as for the transition to parenthood.

Topics discussed in these classes include:-

- Pregnancy, labour and the birth experience;
- Exercise, relaxation techniques and pelvic awareness;
- Unexpected outcomes of pregnancy and birth; and
- Breastfeeding;
- Parenting tips including safety aspects and child restraints

Our Midwives, local doctors and a physiotherapist present these classes.

Please contact your Midwives for more information.



Breastfeeding

As health professionals, we strongly recommend that you breastfeed your baby. Breast milk is the only food needed for your baby's growth and development during the first six months of his/her life. Other foods or supplements, including vitamins are not necessary. Breast milk rarely causes allergic reactions and is known to be a satisfying emotional experience for both the mother and the baby. Furthermore, breast milk is fresh, convenient and inexpensive and is always at the right temperature.

Colostrum, the first milk produced is thick and creamy in appearance. It is particularly rich in anti-infective substances and the ideal first food for your newborn baby. In one or two weeks Colostrum is gradually replaced by the more mature breast milk. Mature breast milk appears thin and bluish in colour. This change in colour is normal and does not mean that your milk is losing its strength.

Most babies settle into a fairly regular feeding pattern within five to six weeks and the mothers supply adjusts naturally to the needs of the baby. Growth spurts at three weeks, six weeks and three months will be obvious, as your baby is hungrier. Some mothers think that they have insufficient milk as the baby seems unsettled and wants to feed more frequently. This is normal as these times coincide with a "growth spurt" and baby does need to feed more often.

Babies who are exclusively breastfed receive:

- A nutritionally complete easily digested food which is specifically tailored to their needs;
- An immunological barrier to protect their whole body from bacteria and viruses;
- Specific growth factors which help complete the process of development of immature systems (nervous system and gut); and
- Ideal exercise for their mouths and jaws resulting in better development and speech.



Breastfeeding (cont)

Mothers who exclusively breastfeed receive:

- Confidence that she is doing the best for her baby, as breast milk cannot be improved upon;
- Security in the knowledge that she is providing her baby with protection from disease;
- Possible protection from breast cancer, ovarian cancer and osteoporosis;
- A readily available, cheap, safe and totally portable way of feeding her baby;
- For many woman, an easy way of losing weight after childbirth; and
- A natural, speedy return of her womb to its pre-pregnancy state.

If you choose to formula feed your baby this choice will be respected and every assistance given.

Please feel free to discuss breastfeeding with a Midwife.



What to bring in

For baby

During your hospital stay you need to bring:-

- Nappies and wipes (water wipes are best for the early days to avoid skin irritation);
- Baby clothes, singlets etc; and
- Tin of formula, teats and bottles if you have chosen to formula feed your baby.

For Mother

- Four packets of Maternity Sanitary pads;
- Several pairs of knickers;
- Two or more nursing bras;
- Non-plastic backed nursing pads;
- Tissues and toiletries (including soft toilet paper if desired);



- Nightgowns, dressing gown and slippers;
- Comfortable day clothes if desired;
- Camera;
- Hot pack;
- Bike shorts; and
- CDs/Ipod for labour/birth (we have a cd player and Ipod docking station available).

Dads - please bring a swag to sleep in, as we cannot always guarantee a fold-out bed for you to sleep on during your stay.

The Midwives at Gippsland Southern Health Service are committed to helping you at all stages of your pregnancy, labour, birth and afterwards and therefore encourage you to phone anytime at all if you have any queries regarding your pregnancy, your baby or yourself.

It is important to phone the Midwives:-

- When you think your labour commences so that the Midwife can advise you on when to come to hospital;
- When your 'waters break' or if you have any bleeding or unexplained pain, it is important to notify the hospital as soon as possible. You will probably be asked to come in to the hospital.

When you are in labour the Midwives will care for you either in your room or in one of the birthing rooms depending on your stage in labour. After the birth of your baby you will remain in the birthing room for approximately 1 hour. During this time you will have the opportunity to get to know your baby and this is the optimal time to give your baby their first breastfeed. After this time, you may shower in the ensuite or you may choose to shower later once you are back in your room.

***Please note** that midwives request a maximum of 2 support people with labouring women.





Vitamin K

Vitamin K is essential for the normal clotting of blood, however newborn babies are born with very low levels. This can cause spontaneous and persistent bleeding anywhere, but it is particularly dangerous in the brain as it can cause brain damage or death. This bleeding can occur anytime from birth to six months of age.

There are two ways your baby can be given Vitamin K and the choice is yours.

- Your baby can be given a single injection of Vitamin K soon after birth, which is the preferred method for reliability of administration; or
- Your baby can be given the Vitamin K orally in three doses. Midwives will give the first two doses at birth and then again on day three. The Maternal and Child Health Nurse will give the third dose at three to four weeks of age.

The method of Vitamin K administration is your choice. Please let your Doctor and the midwifery staff know of your decision.

If you have any concerns please feel free to contact the Midwives to discuss this issue.



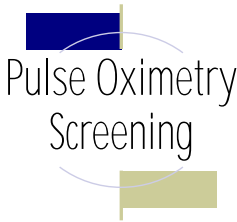
Rooming in

We encourage you to have your baby in the room with you so that you can observe your baby's behaviour and get to know him/her. The Midwives are always available to assist you with caring for your new baby and will help you learn nappy changing, bathing etc.



Resting time

After having a baby you may be very tired and will need to focus on yourself and your baby. We strongly suggest you have a rest period each day between 1pm and 3pm. Please ensure your friends and relatives don't visit during this time.



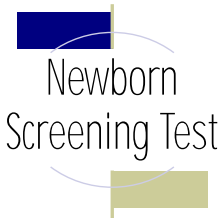
Pulse Oximetry Screening

What is Pulse Oximetry Screening?

This is a routine screening test done on your baby around 24 to 48 hours of age, to identify unknown but important heart conditions found in babies that will need further investigations and possible treatment. **Note: Not all heart conditions can be detected with this test.**

How is Pulse Oximetry Screening done?

A small probe is attached to your baby's foot, with an oxygen reading taken in 30 seconds. It is painless. This test should be done on your baby when your baby is awake, but calm.



Newborn Screening Test

Between day 2 and day 3 your baby will have a blood test performed by the Midwife. The blood is collected via heel prick and is sent to the Newborn Screening Laboratories to be tested for these conditions:-

- Cystic Fibrosis;
- Hypothyroidism; and
- Phenylketonuria.

You will only be notified of the results if there was not enough blood collected to complete the testing or if the results were abnormal.

If you go home prior to day 2-3, a Midwife will visit you at home to perform the screening test.



Child Health Record

You will be given a green Child Health Record Book to keep, which will have a summary of your birth and hospital stay. This book will be used by the Maternal and Child Health Nurse to record your baby's progress as they grow and develop.



Legal Documents

Following the birth of your child, you will be issued with documents which need to be completed to obtain family allowance benefits, your baby's birth certificate and to have your new baby added to your Medicare Card. Completing these while you are in hospital can identify any difficulties, which can be addressed by the Social Worker free of charge.



Photos for newspaper & website

To place a photo of your newborn in The Star or Sentinel newspapers or on the Hospital website, please call extension 75664 from any hospital phone during regular business hours and a GSHS staff member will come and take your photo. This offer is optional and is provided free of charge. If you happen to miss out on having your photo taken you can email a photo through to jodie.duckworth@gshs.com.au.



Your hospital stay

The length of stay after the birth of your baby depends on you and your baby's needs. Generally most women go home on day 2 to 3 after a normal birth or day 4 to 5 after a caesarean birth. This will vary if you are having issues such as breast feeding problems etc. Midwife care will continue after your discharge either by phone contact or home visits. This is part of Gippsland Southern Health Services' Maternity Care Philosophy.



Going home

Your baby must be restrained in an approved baby restraint whenever he/she travels in the car. It is best to have the restraint fitted in your car as soon as possible to allow time to check for any problems and to familiarise yourselves with its use.



Services Available

- Social Worker;
- Domiciliary Midwife Care;
- District Nursing Service;
- Lactation Consultants;
- Paediatrician (visits hospital on alternate weeks);
- Interpreters;
- Childbirth Educators;
- Family Planning Advisors; and
- Australian Breastfeeding Association Counsellors.



Extra Information Available



Maternal & Child Health Nurse



Useful Telephone Numbers

- Obstetric intervention rates at Gippsland Southern Health Service;
- Diet during pregnancy;
- Smoking during pregnancy;
- Circumcision; and
- Multiple pregnancies.

Your local Maternal and Child Health Nurse will visit you very soon after you go home. She will assess your baby's health, growth and developmental progress and assist you with the transition to parenthood.

The phone numbers and addresses of the Centres are listed below:-

Foster, Station Road	03 5682 2241
Inverloch, A'Beckett Street	03 5674 1146
Korumburra, Gordon Street.....	03 5655 1990
Leongatha, Symmons Street	03 5662 0853
Mirboo North, Ridgway.....	03 5668 2280
Poowong, Main Street.....	03 5659 2367
Wonthaggi, Murray Street	03 5672 1013

Gippsland Southern Health Service

Leongatha Campus

Maternity Unit..... 03 5667 5556

Korumburra Campus

Multifunction Ward

03 5654 2753

Medical Centres

Leongatha Healthcare..... 03 5662 2201

Korumburra Medical Centre

03 5655 1355

Ambulance

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Gippsland Southern Health Service

Private Bag 13
LEONGATHA 3953

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Fax: 03 5667 5516
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