

### Birthing suites

Our large, modern and private birthing suites are safe and relaxed environments for your baby's birth. Each suite has a private ensuite with full-sized bath and shower. For peace of mind we have medical equipment on-hand and operating theatre facilities, anaesthetists and paediatricians available on-call 24 hours a day.

### Special care nursery

Your baby will stay with you from birth unless they require extra monitoring in our special care nursery. This nursery is for babies who are premature, unwell, or have more complex care needs. Our nursery is a new, state-of-the-art medical facility providing the very best care for our littlest patients.

### Your stay

Your stay in hospital will normally be four nights (five nights if you have an unplanned or emergency caesarean section). During your stay we offer you education and support with:

- feeding your baby
- parenting skills including nappy changing, bathing, swaddling, settling
- taking your baby home, and
- the community resources available.

### Information and support

Our pre and post-natal support is designed to help you prepare for your baby's arrival, and manage things once you take your baby home.

All our patients have access to:

- pre-natal childbirth classes
- hospital tours
- physiotherapy sessions
- breastfeeding consultations and support
- new mum's coffee morning
- our 24 hour support helpline

Our midwives are available to talk to you anytime, 24 hours a day.

### What to bring to hospital

#### For Mum

- Comfortable clothes, toiletries, personal items
- Maternity sanitary pads
- Favourite pillow
- Footwear such as slippers or thongs

#### For baby

- Baby skincare wipes, fragrance free
- Clothing (appropriate to the season)
- A baby capsule for the trip home (please have it correctly fitted in your car – this is a legal requirement)

#### What the hospital provides

- Everything you need to feed (by breast or bottle) and care for your baby during your stay, including nappies

### Visiting hours

We encourage rest time between 1pm-2.30pm and keep the maternity unit as quiet as possible during this time. Sometimes new mums need lots of rest and are not always up for visitors. We suggest you phone prior to visiting to plan the best time.

### Tours

Maternity tours are available. Please book your tour via our website or contact us. Bookings are essential.

### For more information

#### The Bays Healthcare Group Inc

Vale Street | PO Box 483  
Mornington VIC 3931

Phone 03 5975 2009

Email [maternity@thebays.com.au](mailto:maternity@thebays.com.au)

[www.thebays.com.au](http://www.thebays.com.au)

[www.facebook.com/TheBaysHealthcareGroup](https://www.facebook.com/TheBaysHealthcareGroup)



## Maternity information

Having your baby with us



### The Bays Healthcare Group

Caring for the Peninsula

VALE STREET, MORNINGTON VIC 3931

## Overview

For 80 years we've been bringing new babies into the world. Our maternity unit is considered one of the finest in the country, and Medibank Private customers awarded us the Highest Rated Maternity Unit in Australia.

But more importantly, we want The Bays to feel like an extension of your home, and our team to feel like family.

### When you choose to have your baby with us you have access to:

- a private room and complimentary overnight accommodation for partners
- birthing suites, each with a private ensuite and deep bath
- specialist obstetricians and paediatricians on-site
- on-call anaesthetists, obstetricians and paediatricians 24 hours a day
- state-of-the-art special care nursery
- state-of-the-art operating theatres
- breastfeeding support and lactation consultant
- the experience and support of our team of midwives and mothercraft nurses
- pre-natal childbirth education
- post-natal parenting support
- physiotherapy
- pathology and radiology services

We are the only private hospital in Victoria to be accredited by the World Health Organization's Baby-Friendly Hospital Initiative (BFHI). The BFHI is a global effort by the WHO and UNICEF to implement practices that protect, promote and support breastfeeding.

Our staff are committed to assisting and supporting new mothers with breastfeeding and mother-baby bonding. We will provide all the information you need to make informed decisions about feeding your baby. Parents who choose not to breastfeed will receive our full training and support. Infant health and a positive experience is our focus.

## Our Obstetricians

- Dr Kelly Griffin – 03 5970 5353
- Dr Andrew Griffiths – 03 5976 5257
- Dr Keith How – 03 5975 8877
- Dr Petra Porter – 03 5976 5266
- Dr Sarah Roberts – 03 5970 5353

## Our Paediatricians

- Dr Ylva Andersson – 03 9783 7667
- Prof Simon Costello – 03 5970 5333
- Dr Carl Hoekstra – 03 9020 1000
- Dr Anne O'Neill – 03 5976 4650
- Dr Jeevani Ranaweera – 03 5976 4650
- Dr Sarah Ngugen – 03 5970 5333

## Packages and pricing

The Bays welcomes both private health-insured and self-funded patients.

We recommend that you consult with your health fund about your policy and exactly what it covers.

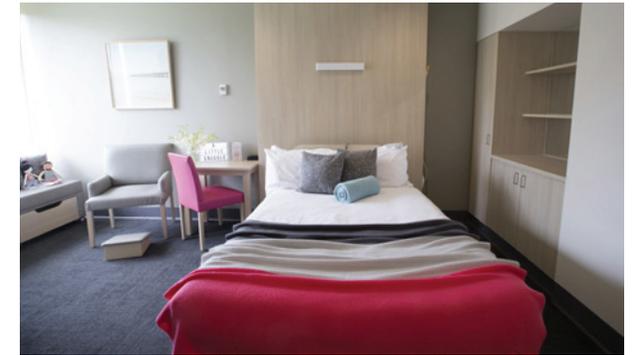
Maternity service packages are available for patients who do not have private health insurance. Please contact us for more information.

Be aware that you may incur additional costs during your stay with us such as phone calls, partner meals or take-home medication from the pharmacy.

Admissions to the special care nursery and services provided by anaesthetists, paediatricians and other specialists will incur charges that may not be fully covered by Medicare or your health fund. In this case gap payments may be required. Your doctor or health fund can give you more information.

### Ambulance cover

Ambulance cover is an aspect of private health cover that may vary from fund to fund. Some funds restrict their ambulance cover if you need to be transferred elsewhere. We recommend that you join Ambulance Victoria ([www.ambulance.vic.gov.au](http://www.ambulance.vic.gov.au)).



## Having your baby with us

### Accommodation

All of our maternity rooms are private with ensuite bathrooms, baby bath, television, refrigerator, telephone and access to wireless internet. Most of our maternity rooms have a double bed and partners are encouraged to stay in hospital for the opportunity to support, learn and help with your new baby.

### Catering

The Bays catering team and dietician create healthy, nutritious meals which are made fresh on-site daily. Our à la carte menu is available made-to-order and delivered at a time that suits you. We understand that set meal times do not always suit your baby's schedule. Please advise us of any special dietary requirements you have at the time of booking.

The maternity unit has a gourmet, self-service pantry for mothers with food, snacks and refreshments available 24/7. The hospital café located on the ground floor is open during business hours for visitors.

