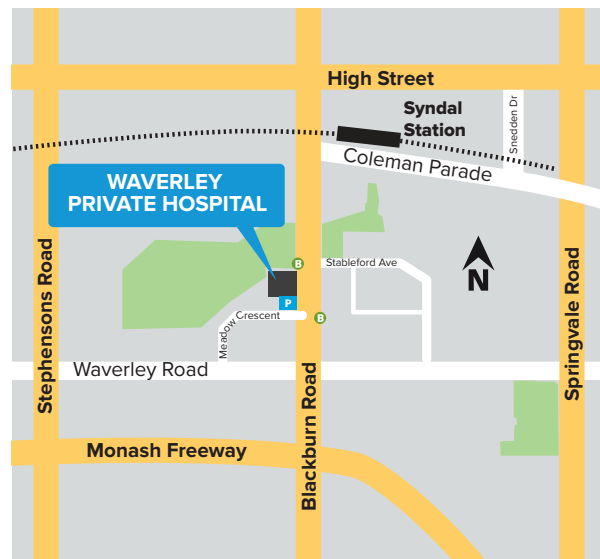


Step Three

Program

- Responsive Settling is the strategy we use for infants of all ages. This is where we observe baby's cues as a guide as to what to do next. The focus of this technique is for parents to listen to the infant and observe body language and respond according to staff advice.
- "Camping Out" is another strategy used for older infants where parents just sit with them while they are falling asleep so infants feel supported.
- Staff are onsite 24/7 to offer advice, support, guidance and reassurance. If at any time you don't feel comfortable initiating change, please let the staff know and they can adapt your plan.
- Cameras are used in the baby pods only and your baby can be viewed via a live feed at the nurses station.
- We encourage you to buzz for staff or make your way to the nurses desk prior to tending to your crying baby. Staff will observe your baby on the camera and discuss settling options.



**Waverley
Private Hospital**

Part of Ramsay Health Care

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People caring for people.

Your EPC Journey



MaternityCare


**Waverley
Private Hospital**
Part of Ramsay Health Care

MR0041185 WavPH Your EPC Journey 6PP DL

Step One:

Booking into the Early Parenting Centre

EPC Triage will receive a request from yourself (by phone/email) to attend EPC with your infant. (up to the age of 2 years)

You will be asked by the triage nurse to complete your Registration Forms, medical referral and online pre-admission paperwork that are accessible on the Waverley Private website.

Once these forms are submitted the Triage Nurse will phone you and organise a date for admission.

The program is a 5 night stay and both caregiver and support person can stay in the unit.

Step Two:

Admission

On the first day you will be orientated to the unit and admitted by a nurse. This will take about one hour where a variety of questions will be asked of you. Partners are welcome to be present if you wish.

From this discussion the staff will formulate an individualised plan for you and your infant. This will be written on your whiteboard in your room and reassessed every day to monitor progress.

- **Accommodation**
 - All rooms are private rooms with king single beds and an ensuite. Your baby will have a separate sleeping pod within your room.
- **Boarder Policy**
 - Mothers / Parents are admitted to the hospital as Boarders. There is no cost to you for your stay.
- **Call bell/ button**
 - Call bell / button is located in your bedroom and ensuite, in each baby pod and in the communal areas. This is a way to communicate from your room/ pod and ask for assistance from the nurses.

- **Coffee shop**
 - Located at the entrance of the hospital and can be used by staff, patients, and visitors. If you go for a coffee with friends, you will also need to take your baby with you.
- **Highchairs**
 - We provide highchairs for babies who are feeding with solids. It is the responsibility of all mothers to make sure they are kept clean and put away safely after each use.
- **Identification**
 - Your baby will wear an ID band with their name on it. If this comes off, please tell staff who will replace it.
- **Internet access**
 - Wireless internet is available and can be accessed by all patients and their guests. Please see the staff for the password.
- **Lactation Consultant (LC)**
 - If you are having some challenges with your breast feeding and would like some 1:1 assessment and assistance, please ask your nurse to make an appointment with the LC.
- **Leave during the Day**
 - If you leave the unit for a walk or to get coffee, please sign the folder in the unit hallway so nursing staff know where you are.
- **Meals**
 - All meals are delivered to your room.

Daily mealtimes are:

Breakfast – 08:00am

Lunch – 12:30pm

(baby meals delivered to dining room at 11:30am)

Dinner – 17:30pm

(baby meals delivered on mothers' tray)

Please alert staff on admission if you or your baby have any allergies/intolerances.

- **Paediatrician**
 - A paediatrician is available for consultations on the unit (if required). *Consultations will be an extra charge to you.*
 - A Doctor will come and speak with you as part of your admission.
- **Parking**
 - Onsite parking is available for a daily fee.
 - There is all day off-site parking in the streets around the hospital, but they are a “first come first served” basis.
 - It is advisable to be dropped off, if possible, at the start of your stay.
- **Partners**
 - Partners are welcome to stay overnight.
- **Psychologist**
 - If at any time during your stay you/ or staff feel you would benefit from seeing a psychologist, we are able to access one for you. The consultation will be billed directly to you and will be an additional cost to you. Please discuss the service further with the staff.
- **Storage of EBM/formula**
 - All bottles of milk are to be correctly labelled and signed into the Milk fridge.
- **Sterilisers**
 - Microwave sterilisers, bottle warmers and dish washing liquid are provided. It is recommended you bring your own bottle brushes to avoid contamination.
- **Visitors**
 - Please check with staff the current visitor policy as these can change with Covid 19 restrictions.