

Colac Area Health

MIDWIFERY

Patient Information Booklet



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WELCOME NOTE

Congratulations on your pregnancy.

Thank you for choosing Colac Area Health as your maternity care provider.

Colac Maternity has welcomed many beautiful babies this last year. Colac Area Health offers midwifery care and service to the local community throughout the entire pregnancy and birth, including selected antenatal appointments with a midwife in conjunction with the regular scheduled appointments with your GP Obstetrician.

Outlined in this booklet are valuable topics that will give you a general guideline and information of care throughout the coming months of your pregnancy.

Our experienced Midwifery department at Colac Area Health are a dedicated, supportive and caring team with the focus of "This is your pregnancy". We wish to make your pregnancy, antenatal, postnatal and childbirth journey a positive and rewarding experience. One of the advantages of Colac Maternity Services is that the service is small enough for women to form relationships with their pregnancy care providers. Women have the opportunity to get to know their caregivers before they are admitted to birth which promotes an environment of trust and safety. As Colac Area Health is a public hospital, this means at times there will be midwifery and/or medical students working alongside your midwife or GP.

Colac Maternity looks forward to growing and strives to constantly improve and develop services to meet the ever changing needs of our local community.

Quality Maternity Service, Close to Home.....

Maternity Team
Colac Area Health



NOW THAT YOU HAVE BOOKED INTO THE HOSPITAL

Listed below are some of the Maternity services that Colac Area Health (CAH) offer to our new mothers and babies.

Length of Stay: Depending on your birthing circumstances your length of stay can vary. We encourage the involvement of your partner, support person or family. A minimum stay post birth is 4 hours up to 2 nights for a vaginal birth, while a caesarean birth is up to 3 nights.

Childbirth Education: CAH Maternity offer child birth education classes regularly throughout the year. This gives expectant parents the opportunity to prepare and learn about pregnancy, labour, birth and parenting in a group environment. Classes are offered on Tuesday nights 7.00 pm – 9.00 pm and Sunday 9.00 am – 2.30 pm at CAH Neighbourhood House. First time parents are encouraged to attend.

Low Risk Births: Colac Area Health accommodates low risk births. If complications arise during your pregnancy ie gestational diabetes, high blood pressure or other complex issues, your GP together with the Midwifery team will arrange for you to be transferred to a larger facility that offers more complex care for the duration of your pregnancy.

Pregnancy Care: CAH Maternity is a 24 hour service (phone 5232 5117 or 5232 5130). We offer speciality care according to your needs or GP's request ie CTG/Foetal Monitoring, Blood collection, Iron infusions and Blood Pressure monitoring.

Ongoing Antenatal Care: After your initial Midwifery booking in appointment, follow-up half hourly appointments will be offered at 24, 34 and 37 weeks. These appointments are for the continuation of education, monitoring and general mother and foetal wellbeing, they can also be incorporated with your GP appointments.

Home Visits: Colac Area Health Maternity staff provide home visits after birth. New mums and their babies are offered up to two home visits after discharge before Maternal & Child Health support commences.

Physiotherapy Team: Women are able to be linked in as outpatients with Women's Health Physiotherapists for postnatal support.

Dietician: Our Colac Area Health Dietician offers dietary advice during pregnancy and post birth as required. CAH also has a Diabetes Educator available for women with gestational diabetes.

Youth Health Hub: This is a service offered to our young mothers. Extra support with one on one care is given throughout the pregnancy and up to 6 weeks postnatal by midwives.

Cradle to Kinder: Provides support for young families (under 25 years) from pregnancy through the early years

Domestic Violence: Family Violence (domestic violence) affects many women and children. Different types of family violence exist and family violence does not always involve physical violence. Some other types of abuse include verbal, emotional, social, financial, intimidation and stalking behaviours. These abusive behaviours seriously impact on you and your children.

If you have any concerns, please feel free to discuss this further with your midwife, GP or telephone;

Business hours

Barwon Orange Door - 1800 312 820 (Geelong) or

Colac Access Point - 5232 5500 (Colac)

After Hours - Safe Steps - 1800 015 188

Financial Counselling: Colac Area Health offers financial counselling, if this may be of benefit to you please speak to your midwife or ring CAH 5232 5100 and ask to speak to/make an appointment for assistance.

Colac Maternal and Child Health Centre

49 Queen Street, Colac 3250

Open: Monday to Friday

Phone: 5232 9570 OR 24 hr Hotline: 13 22 29



MOST FREQUENTLY ASKED QUESTIONS

Q Can my partner stay overnight?

A Yes, Colac Area Health offers an inclusive, “family-centred approach”. We are unique in that we offer husbands/partners to stay overnight which helps promote the family bonding experience.

Q Will I have my doctor for the birth of my baby?

A Yes, if you are admitted as a private patient and your doctor is available, otherwise for all other women the obstetric doctor on call will be called in for your labour and birth.

Q Do you hire breast pumps?

A Yes, we have the facility to loan out a breast pump. Maternity breast pumps are also available for the duration of your stay. We can assist you with sourcing your own.

Q Can we do a tour of the Birthing Suite area?

A Yes; It is included as part of the Child Birth Education classes offered at Colac Area Health. There is also a virtual tour available on Colac Area Health Maternity Services – website.

Q Can the hospital cater if I have a dietary intolerance or allergy?

A Yes, our kitchen can accommodate with these situations.

Q Can I use a Birthing Plan?

A Yes, this is encouraged but does need to be flexible. Childbirth can be unpredictable. Specific requests are best discussed with your midwife at childbirth education classes or clinic appointments.

Q Do you have WiFi access?

A Yes, ask maternity staff and they will provide you with the connection and current password.

Q Should I call the hospital before I leave home if in labour?

A Yes, this way extra information can be obtained with regards to your progress and your midwife can be prepared for your arrival.

Q Can I have a water birth?

A Yes, water births are a possibility if your pregnancy and labour remain low risk. Please discuss this with your GP and midwife if this is something that interests you.

Q Can I have a vaginal birth at Colac Area Health if I have previously had a caesarean?

A Yes, we offer VBAC (Vaginal Birth after Caesarean) at our facility. This decision will be made in consultation with your obstetric GP within the antenatal period.

Q How many support people can I have during my labour?

A Generally just one or two people are best.

Q Do you have Lactation Services?

A Yes, Colac Area Health offer a Lactation Consultation Service via appointment. Please refer to **page 26** of this booklet for more information.



NOW YOU ARE PREGNANT

How you feel about your pregnancy will depend on many things. Such as how old you are, your circumstances and whether you were planning to get pregnant. This can have an impact on how prepared, anxious or uncertain you feel.

Some of the issues that can be discussed with your midwife are: your pregnancy check-ups, pregnancy care and birthing options.

If you have any concerns after you are 20 weeks pregnant we would encourage you to phone our Midwifery department on 5232 5117.

Another important issue for consideration is ambulance cover. Please ensure that you have Ambulance insurance, otherwise, under certain circumstances a cost may be incurred if you need to be transferred to another facility. Health Care Card holders are automatically covered with Ambulance Australia. Follow the link provided below for more information.

www.ambulance.vic.gov.au or Call 1300 366 141.



THINGS TO BRING TO HOSPITAL

FOR LABOUR

- Clothes for labour/comfortable attire – t-shirt, knickers, and tracksuit pants for afterwards
- Music (if desired – iPod dock and CD Player available)
- Oil or lotion for massage
- Spray bottle (non aerosol) for cooling
- Thongs or slippers
- Own pillow (labelled) if desired
- Foods such as barley sugar, jelly beans, fruit bars or any other light and easily digestible food / snacks
- Toiletries – soap, shampoo, toothpaste, toothbrush
- Tissues
- Lip cream for dry lips
- Camera

SUPPORT PERSON

- Food – snacks, juice, special teas (celebratory drink if desired)
- Hospital meals are provided for the woman and companion during labour

MOTHER AND BABY

- Comfortable clothing, shoes (for daytime)
- Maternity pads (3 packets)
- Cotton balls or baby wipes
- Infant care restraint in car (for day of discharge)
- Disposable newborn nappies (packet of 25) or cloth nappies
- If you are planning to use artificial formula to feed your baby, please bring the formula of your choice, bottle and teats
- Nightwear – dressing gown, slippers (footwear must be worn at all times)
- Nursing bras and nursing pads
- Extra underwear
- Have your own baby clothes in hospital
- Baby clothes, bibs and blankets for length of stay and when taking baby home
- Please leave jewellery, credit cards and other valuables at home

Do not bring in large amounts of cash.

A HEALTHY PREGNANCY

Even the healthiest of women can have issues in pregnancy, but by taking steps towards a healthy lifestyle you can increase your chances of having a healthy pregnancy.

Good food, a reasonable level of physical activity, relaxation and reduced stress all provide the optimal conditions for your health and therefore your pregnancy.

Active Pregnancy

Being pregnant and giving birth are physically demanding. Having a reasonable level of fitness will help you manage your changing body shape as well as the demands of pregnancy, birth and early parenting.

Pelvic Floor

The pelvic floor is a group of muscles and ligaments that support the bladder, uterus (womb) and bowel. When the pelvic floor is strong, it supports the pelvic organs to prevent problems such as incontinence. For more information please follow the links provided below.

www.pelvicfloorfirst.org.au OR www.thepregnancycentre.com.au

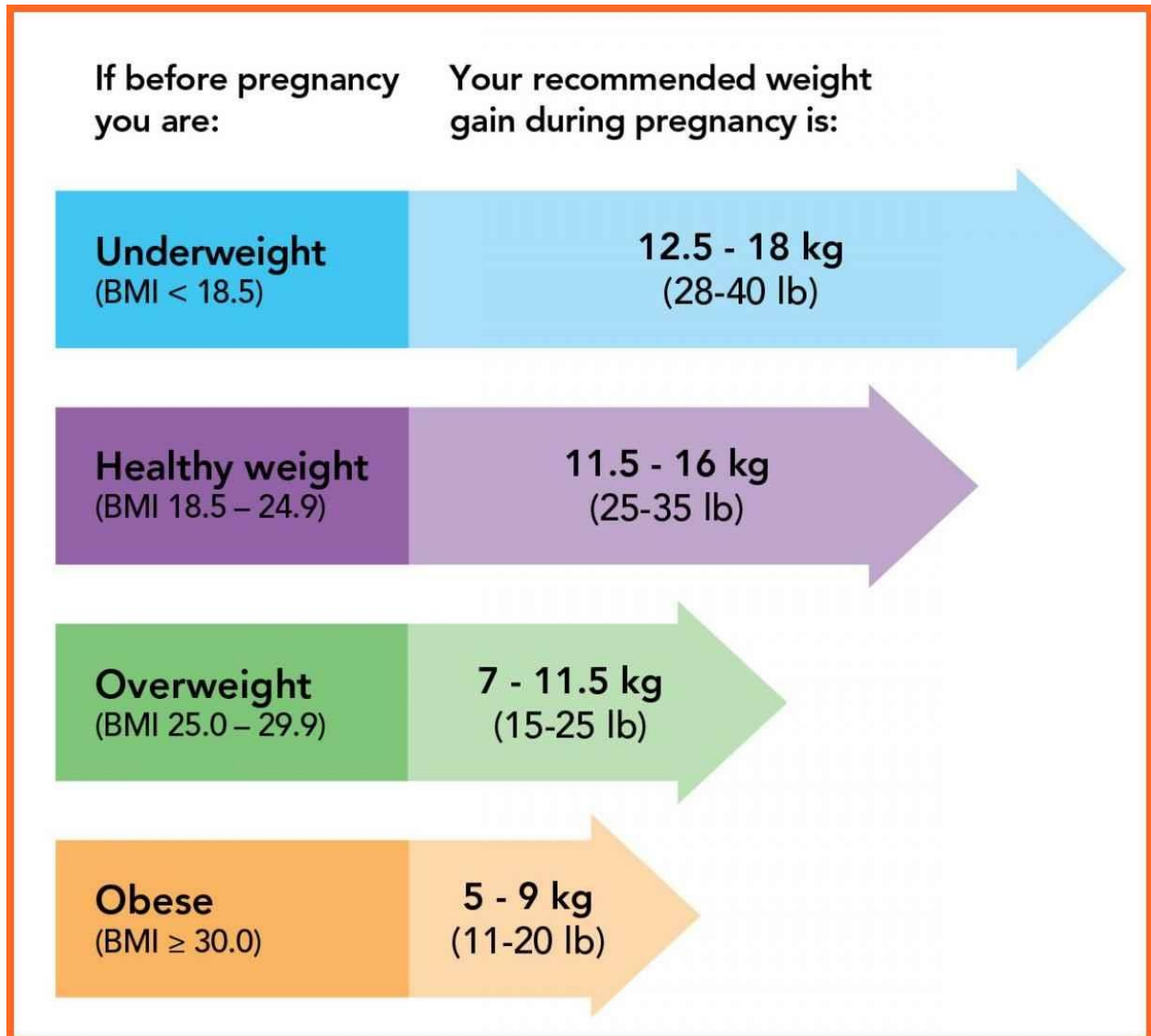
Food and Nutrition in Pregnancy

Pregnancy creates extra demands for certain nutrients, including iron, calcium, iodine and many vitamins, which is why it is important to have a healthy and varied diet.

There are some foods that should be avoided or eaten in moderation during pregnancy. These foods are listed on pages 21 and 22 of this booklet. Links are provided for viewing or downloading.

Acceptable weight gain according to the BMI colour as indicated in the chart below.

Dietician referral available, please discuss this with your midwife.



PREGNANCY, DRUGS AND ALCOHOL

Drugs

If you are a drug and alcohol user and you find you are pregnant there are steps you can take to improve the health outcomes for you and your baby.

The most important things that you can do right now are:

- Understand the drug you are taking
- Do not stop taking any drug without medical advice. You will need to speak to your GP first
- Get help – drug and alcohol counselling and medical advice, so that you and your baby have the best chance of staying healthy
- Have regular appointments to make sure your baby is growing
- Take simple and achievable steps to improve your diet.

Smoking Cigarettes

Smoking when you are pregnant may

- Lead to stillbirth
- Stop your baby from growing properly
- Affect your baby's ability to breathe.

If you or your partner are smokers and wish to stop, our midwives can refer you to the Smoking Cessation Clinic within the hospital. Brochures and other literature are available at your booking in appointment before 20 weeks or from your GP.

www.quit.org.au or Call 13 7848 (13 QUIT)

Alcohol

No amount of alcohol is safe during pregnancy. The safest thing for your baby is not to drink at all. What you drink, your baby drinks too. The most dangerous time to have alcohol is during the early stages of pregnancy.

Drinking less or stopping your alcohol use at any stage of your pregnancy, even late pregnancy, will be good for your baby.

MENTAL HEALTH AND PREGNANCY

Up to 1 in 10 women and 1 in 20 men experience antenatal depression. Anxiety is just as common and many expecting parents can experience both anxiety and depression. Antenatal anxiety or depression is a serious illness but there are treatments, supports and services available to help you through this experience. It is important to know the signs and symptoms and seek help early.

Many women suffer unnecessarily for a long time with mental illness because they feel a sense of shame, guilt and even embarrassment as they have "allowed themselves to be depressed at a time when they are supposed to be joyful". Depression is not something you have control over especially during this vulnerable time.

An untreated mental illness can have long term health and wellbeing impacts for you and your baby so it is important to get the right treatment. There are a number of safe and effective treatment options for depression during pregnancy or after birth, even while breastfeeding. Your midwife will assess your emotional health during your Booking In Appointment at Colac Area Health. If you feel that you may have symptoms, discuss this with your GP.

Baby Blues

Baby blues are very common affecting up to 80% of new mothers. It is not really understood why women experience baby blues but it is thought that it may be due to the rapidly changing hormone levels after the birth. Please discuss any concerns you have with your midwife or GP.

Anxiety and Pregnancy

Anxiety is a normal reaction to pregnancy and pending parenthood. As many as 30% of pregnant women will experience some level of anxiety.

www.beyondblue.org.au

PREGNANCY PROBLEMS

At Colac Area Health we encourage all women to be actively involved in their pregnancy, birth and postnatal care. This includes being aware that problems may occasionally arise:

- Miscarriage and recurrent miscarriage
- Decreased baby movements
- Blood pressure issues
- Gestational diabetes
- Small or large growth of your baby
- Perineal tearing during childbirth
- Retained placenta (placenta being stuck after birth)
- After birth heavy bleeding
- Stillbirth (death of a baby)

The most common topic for discussion is understanding your baby's movements.



Your baby's movements matter.

Why are my baby's movements important?



If your baby's movement pattern changes, it may be a sign that they are unwell.

Around half of all women who had a stillbirth noticed their baby's movements had slowed down or stopped.

What should I do?

In any instance, if you are concerned about a change in your baby's movements, contact your midwife or doctor immediately.

You are **not** wasting their time.



How often should my baby move?



There is no set number of normal movements.

You should get to know your baby's own unique pattern of movements.

Babies movements can be described as anything from a kick or a flutter, to a swish or a roll.

You will start to feel your baby move between **weeks 16 and 24** of pregnancy, regardless of where your placenta lies.

What may happen next?

Your midwife or doctor should ask you to come into your maternity unit (staff are available 24 hours, 7 days a week).

Investigations may include:

- Checking your baby's heartbeat
- Measuring your baby's growth
- Ultrasound scan
- Blood test



Common myths about baby movements

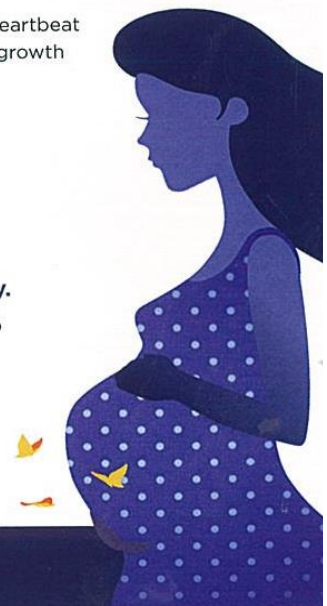


It is not true that babies move less towards the end of pregnancy.

You should **continue to feel your baby move** right up to the time you go into labour and whilst you are in labour too.



If you are concerned about your baby's movements, **having something to eat or drink to stimulate your baby DOES NOT WORK.**



FIND OUT MORE: movementsmatter.org.au

Please call our Maternity Services on 5232 5117 if you have any concerns about your baby's movements





LABOUR AND BIRTH

Most women will probably start thinking about labour and birth at around 30 weeks.

This is also the time that you and your doctor or midwife will start the discussion about what to expect, how to prepare and how to recognise the signs of labour. You cannot always control your labour and birth but you can prepare both physically and emotionally.

Preparing for Labour

You cannot totally prepare for your birth but there are many things that you can do that will help:

- Have your overnight bag packed and ready to go, including all items needed for both mother and baby as well as your birthing plan should you have one
- Call the hospital before you leave home. This will allow the midwife to discuss any extra information needed and be prepared for your arrival
- The experience of labour and how you experience the pain of labour will be very individual. The midwives can assist with choice of music, essential oils, showers, baths (for low risk only), water injections for back pain, nitrous oxide gas, intra-muscular injections or an epidural.

Checking Your Baby during Labour

The midwife caring for you will monitor your baby's heart rate throughout your labour.



ASSISTED BIRTHS

Sometimes labour doesn't go as planned and your baby will need help to be born. Help can involve relatively simple procedures, like breaking the membranes (water), induction of labour, or episiotomies, to more medically demanding procedures such as assisted vaginal birth or caesarean section.

Your doctor will be involved and contacted regularly throughout your labour especially if there is any abnormality or concerns.



AFTER YOUR BABY IS BORN

Immediately After Birth

Take the time to recover from the birth of your baby. Your body and baby will benefit from this. You will be transferred to the postnatal ward for observations and care. Your midwife will speak to you with regards to visitors and about your discharge plans. Limit your visitors especially for the first 24-48 hours, to give yourself the best chance to rest and recover. If you have had a caesarean birth and all is going well for you and your baby, your stay in hospital can be as short as 48 hours after birth with midwife home visits for ongoing support.

Getting to Know Your Baby

After your baby is born, and you have been moved into the ward the most important thing is for you to spend quiet time together as a family. Having a baby affects you physically, mentally and emotionally. It's important for you to look after all aspects of your health so you can look after your baby.

Breastfeeding

Mother's milk is best for all new babies, but there are times where you may be unable to breastfeed (or it may be a personal choice). If you decide to artificially feed your newborn please bring formula, bottles and teats with you to the hospital.

www.rch.org.au/breastfeeding.pdf

www.breastfeeding.asn.au/

OR call 1800 686 268

What Happens to You?

Your health after the birth of your baby is of great importance. Eating, drinking plenty of water and getting enough rest is the key to your recovery. Use your time in hospital to enjoy your new baby.

TESTS AND MEDICINES FOR NEWBORN BABIES

A number of tests and medicines are offered for your newborn baby during the first few days of their life. The most common are: Vitamin K and Hepatitis B injections, hearing test and the newborn screen test (blood taken from baby's heel). For more information on these tests please **download our recommended resources in the links provided on pages 23 and 24 for further information on Vitamin K and Hepatitis B, these links will have a language selection available.**

www.vcgs.org.au/pathology/nbs (Newborn Screen Test)

www.vihsp.org.au (Victorian Infant Hearing Screening Program)

Please discuss your pelvic floor health and recovery with the midwives.

www.continence.org.au OR www.pelvicfloorfirst.org.au

GETTING READY TO GO HOME

Your midwife and doctor can give you information that will be helpful when you are at home with your baby. Make the most of your time on the Maternity ward to ask any questions you may have before you go home.



AT HOME WITH YOUR BABY

Enjoy your time at home with your baby whether it be your first or multiple child. This is a lovely time to learn about them, show them off and watch them grow.

You will be sent home with your Baby Record Book (green folder) to record ongoing information from your Maternal Health Service and to record all immunisation products, dates and doses. This book will be of great importance in your child's first four years.

Our Maternity department offers all birthing mothers within the Colac Otway Shire up to two postnatal home visits. This includes mothers who have birthed at another medical facility. These home visits are designed to ensure continued family support and wellbeing for both mother and baby.

Please remember to have all correct child restraints fitted to vehicles that will transport your new baby. It is recommended that you have your car seat or capsule fitted from 37/40 weeks.

For more information, please download the link below to view the Kidsafe child restraint guidelines.

www.kidsafevic.com.au/road-safety/childrestraints



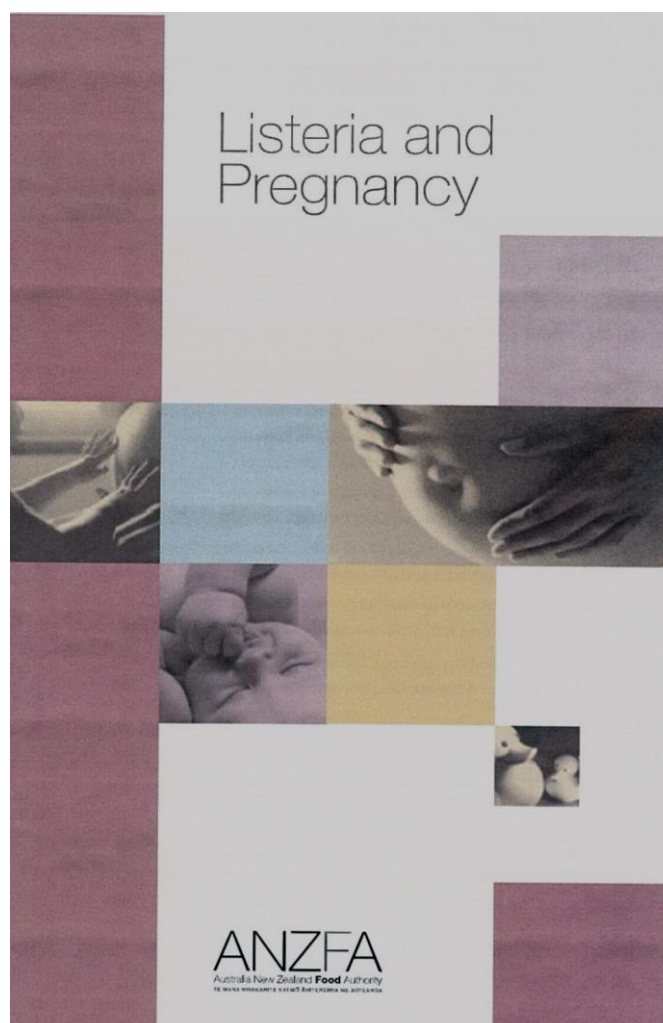
For ***Additional*** information regarding important topics for a healthy pregnancy, please follow the links provided below to recommended resource brochure information.

LISTERIA

Being exposed to Listeria during pregnancy can be harmful to your baby. Listeria infection comes from eating contaminated foods. It is important to take steps with food hygiene when pregnant. When eating out always ensure that your meal is hot and try to avoid pre-prepared salads (such as in salad bars). Listeria is destroyed by conventional cooking, so freshly cooked foods are best to eat. Listeria can be found naturally in certain foods such as soft cheese, processed meat and raw seafood.

For more information and guide of what foods are safe to eat and what are high risk, please download our recommended brochure on Listeria in pregnancy by following the link below.

[www.papapetros.com.au/Listeria Brochure.pdf](http://www.papapetros.com.au/Listeria%20Brochure.pdf)

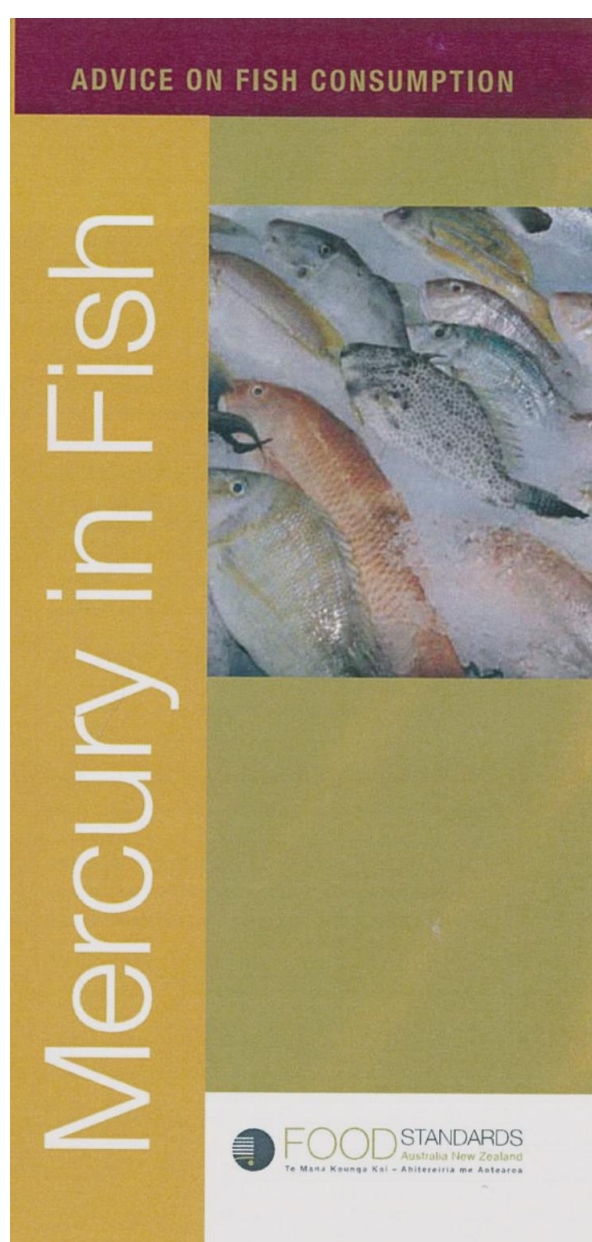


MERCURY (IN FISH)

There are many nutritional benefits from eating fish. In deciding how much and what types of fish you can eat during pregnancy you must first be aware that all fish contain a small amount of Mercury. Too much fish in a diet during pregnancy can increase mercury levels and can be harmful to your newborn baby's nervous system.

For more information and a guide of the recommended servings of fish that can be consumed safely, please visit the link below to download our recommended brochure on Mercury.

www.foodstandards.gov.au/consumer/chemicals/mercury



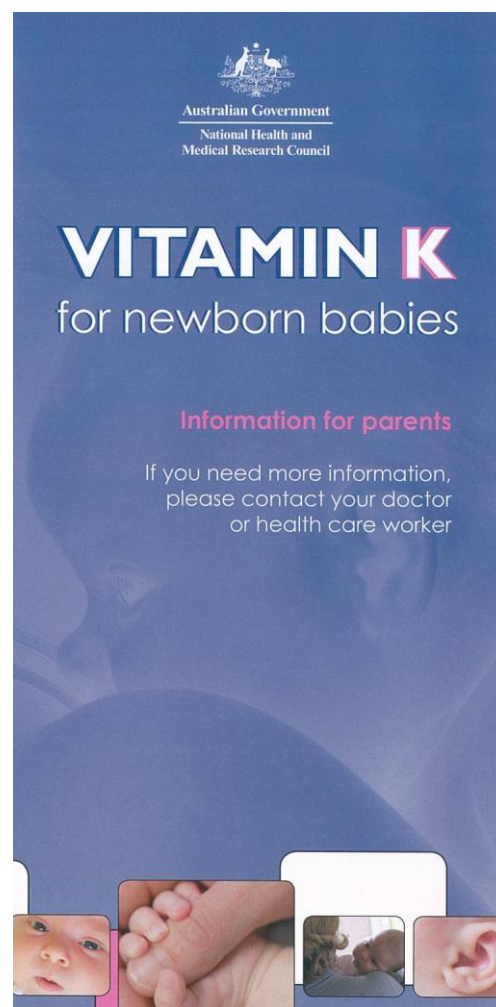
VITAMIN K

Vitamin K helps the blood to clot. Babies don't get enough Vitamin K from their mothers during pregnancy or when they are breastfeeding. Without Vitamin K babies can be at risk of developing a rare disorder called "Vitamin K deficiency bleeding". This can be prevented by giving babies extra Vitamin K. By about the age of 6 months they will have built up their own supply.

Vitamin K can be given as an injection or by mouth. If given orally, several doses are needed as Vitamin K is not absorbed as well by mouth.

After the birth of your baby, your midwife will discuss Vitamin K injection and administration with you. For more information, please download our recommended (pdf) brochure (Vitamin K for newborn babies) by following the link below.

<https://nhmrc.gov.au/about-us/publications/vitamin-k-newborn-babies-information-parents>



INFANT HEPATITIS B

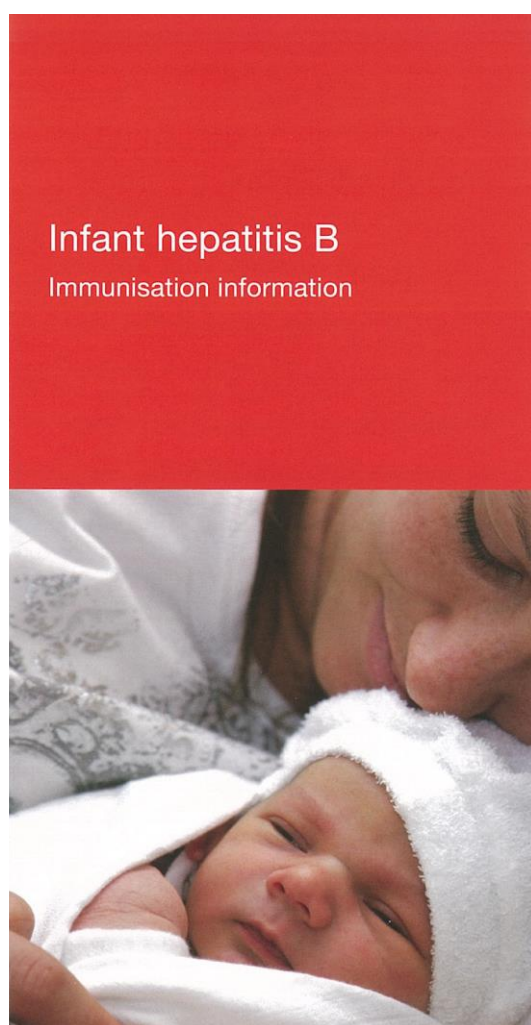
Hepatitis B is a severe disease that can be continued through life. It is caused by a virus that affects the liver. Babies who get this disease may only have mild symptoms or none at all. However, up to 90% of these infected baby's will have this virus in their blood system for life.

It is important to start the hepatitis B immunisation as soon as possible after birth to ensure that the immunisation is as effective as possible. This will ensure protection from hepatitis B throughout infancy and early childhood, when the risk of becoming chronically infected is high.

After the birth of your baby, your midwife will discuss this immunisation choice with you.

For more information on Hepatitis B, please download our recommended (pdf) brochure by following the link below.

vic.gov.au/infant-hepatitis-B-immunisation



WHOOPING COUGH (BOOSTRIX INJECTION)

Whooping cough is a highly infectious disease that will cause a severe and persistent cough. In young babies prolonged cough is often followed by a period of being unable to breathe and/or vomiting. Coughing can be followed up by a “whooping” sound as the baby struggles to draw air.

The vaccine is offered to pregnant women free of charge to prevent your baby getting whooping cough. It is recommended to do this from 20 weeks gestation. It is also recommended that your partner and grandparents or anyone who will be in contact with your newborn baby be immunised as well.

Please download the link provided below to view our recommended (pdf) brochure on Whooping cough for yourself and family.

vic.gov.au/protect-your-baby-by-protecting-yourself



BREASTFEEDING

No special preparation is needed to breastfeed, but learning about breastfeeding can help with your confidence. Almost all women are able to produce breast milk, but breastfeeding is not always easy and needs practice and time to learn.

Breast milk is the best food and drink for your baby and all your baby needs for around the first 6 months. There are many questions asked about breastfeeding. Listed below are the most common.

- Nutrition during pregnancy
- How often should I feed?
- Attachment and positions
- Maintaining breastfeeding – duration time
- Benefits of breastfeeding
- Breastfeeding in specific situations
- Dealing with breastfeeding problems
- Getting help with problems

Please download the links provided below to view our recommended (pdf) brochures and education resources on Breastfeeding.

www.rch.org.au/breastfeeding/pdf OR <https://www.breastfeeding.asn.au/>



LACTATION SERVICES

This Lactation Service is provided by a qualified consultant to assist with Breastfeeding issues, appointments can be made by calling Colac Area Health on (03) 5232 5265. As prompted, please leave a message with your contact details.

SIDS

Safe Sleeping: Sleeping a baby safely can reduce the risk of sudden and unexpected death in babies. We have a recommended brochure that describes and shows ways to safely sleep your baby. You can download and view/print (pdf) brochure by following the link provided below.

www.rednose.com.au safe sleeping pdf



SMOKING

Smoking during pregnancy is harmful and can cause a baby to be born too early or to have low birth weight making it more likely the baby will be sick and have to stay in the hospital longer. A few babies may even die. Smoking during and after pregnancy is a risk factor of Sudden Infant Death Syndrome (SIDS).

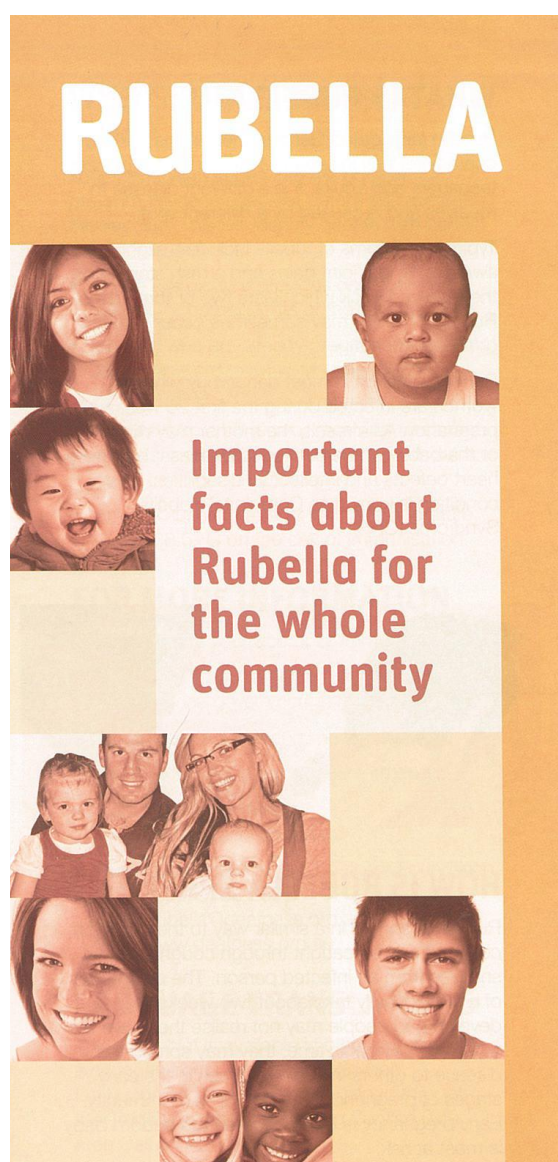
RUBELLA

Rubella (also known as German Measles) is a highly contagious viral infection which can affect infants, children, teenagers and adults. Rubella is most dangerous when women are infected during the first 20 weeks of pregnancy, as a result the mother may miscarry or the baby can be born with deafness.

The best way to prevent birth abnormalities due to rubella is to ensure that all women are immunised with the vaccine.

Please download the link provided below to view our recommended information on Rubella.

www.deafness.org.au/resources/rubella-information



RESOURCES/GUIDES/IMAGES

- Colac Area Health 2018
- Mercy Private Women's Hospital Victoria 2017
- The Royal Women's Hospital Victoria 2017
- Australian and New Zealand Stillbirth Alliance
- Quit Victoria
- Beyond Blue Australia
- Kids Safe – Child Accident prevention Foundation
- Continence Foundation of Australia
- VCGS – Victoria State Government
- Australian/New Zealand Food Authority
- Australian/New Zealand Food Standards
- Royal Children's Hospital Melbourne
- Deafness Foundation (Victoria)
- Australian Breastfeeding Association
- Infant Hep B-Immunise Australia Program
- Whooping Cough – Victorian State Government
- Vitamin K – Australian Government Medical Research council
- SIDS Australian – Saving Little Lives

Many thanks to Annette and Ange for initiating, creating and resourcing.
Also, thank you to all the parents who consented for use of personal images in
the making of this Booklet.

Maternity Services

Phone: 5232 5117 – 5232 5130
Fax: 5232 5511

Maternity Visiting Hours: 2.00 pm – 8.00 pm

