

## The Care-By-Parent Room

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### What is a Care-By-Parent Room?

A Care-By-Parent Room is a place where you can stay with your baby before your baby is discharged home. Each Care-By-Parent Room is a small room with a bedroom and a shared bathroom with a shower. Sheets, towels, diapers and baby clothes are provided for you.

The Neonatal Charge Nurse, in discussion with your baby's health care team, can book a Care-By-Parent Room for you. You will provide all of your baby's care, but still be close to the nursery if you have questions or would like some help.

While you are staying in the Care-By-Parent Room, your baby is still a patient in the nursery. A nurse is assigned to your baby each shift. The nurse will contact you occasionally during each shift to see how everything is going. The nurse can answer your questions and help if you are unsure of what to do. The nurse will assess your baby and ask you how your baby is eating.

**Staying in this room can help you become comfortable with feeding and caring for your baby by yourself.**

**This can help you feel better prepared and more confident when you take your baby home.**

### Where are the Care-By-Parent Rooms?

There are 4 Care-By-Parent Rooms located down a private hallway just outside the main reception desk of the Neonatal Nursery.

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## How do I use the Care-By-Parent Room?

The room is locked with a security card, which only you can access. The Business Clerk at the main reception desk will sign you into the room and give you the security card.

Between rooms 2 and 3 there is a shared bathroom and shower. You must **lock both** doors when you are using this washroom and **unlock both** doors when you leave. Once you are in your own room, lock the washroom door from your side of the room. This allows the family in the other room to use the washroom, but they cannot come into your room.

## Is there a telephone in the room?

Each room has a phone, which you can use to call the Nursery (ext. \_\_\_\_\_) or make local calls. To call out of the hospital, push 9, then the phone number.

## Where can I get meals and eat?

Food is not provided. You can buy food and drinks from the Corner Café on the 2<sup>nd</sup> floor, or Marketplace on Main (the cafeteria) on the 1<sup>st</sup> floor. You can eat in your Care-By-Parent Room or in the Family Lounge near the entrance to the Neonatal Nursery. The lounge has a dining table and chairs. There is a small refrigerator and microwave in the parent room hallway. Please label any food with your name and the date that you put it in the fridge. Take all your foods with you when you leave.

If you have to leave your room to purchase food or do other errands you **MUST** bring your baby back to their bed space in the nursery. Please let the nurse know that you are leaving your baby at the bedside and when you will return. You may not bring your baby to any other part of the hospital.

## Who cleans the room?

You are responsible for keeping the room tidy. If you spill something dry please use the vacuum available in the cupboard in the small hallway outside of the rooms. If you spill something wet, please ask for help from housekeeping.

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## What should I do when I need to leave the room?

Your baby must be with you at all times. **Never leave your baby alone in the room.** If you need to leave the room, take your baby to the Nursery. The nurse will take care of your baby until you return.

## Can I have visitors in the room?

The Care-By-Parent room is a place to learn how to care for your baby before going home. The badged support person who will be helping you at home, such as your partner, mother, sister or close friend, is most welcome.

No other visitors are allowed in the room. Ask others to visit you later, when you are at home. If you do have other visitors please bring your baby back to the nursery and visit as per our visiting policies.

For your baby's safety, all visitors must be in good health. Tell your visitors that they should NOT come to the hospital if they have a cough, signs of the flu or feel unwell.

**Please do not take your baby away from  
the Neonatal Nurseries.**

## What should I do if my baby or I have a problem?

If you have a question, call the nurse assigned to your baby at ext. \_\_\_\_\_. Please let the nurse know if you have any health concerns.

If your baby has a breathing problem or is choking, push the ASSIST button in the room. The charge nurse from the Neonatal Nursery will come immediately. The charge nurse will check your baby and call for more help if needed.

## **What should I do if I hear the fire alarm?**

As soon as you hear the fire alarm, take your baby back to their bed space in the nursery. You must remain at the bed space with your baby until an “all clear” is called overhead.

## **What if I don't know what to do?**

If you have any questions or concerns, please talk with your baby's nurse or doctor. This is the time when you can get help with your baby's care before going home.

## **How do I sign out?**

Please remove your belongings and return the security card to the Business Clerk at the main reception desk when leaving to go home.

## **How do I take my baby home?**

You must check with your baby's nurse before you leave the hospital. Before you leave, make sure you know what follow-up appointments your baby needs. Your baby must be in a car seat when leaving the hospital to go home.

**Staying in the Care-By-Parent Room can help you  
feel more prepared to take your baby home.**

**Please let us know if we can help you in any way.**

**If you have questions, please speak with your baby's nurse.**