









# Thank you for choosing to have your baby at Markham Stouffville Hospital

<b>Pregnancy, Birth and Post-Partum Milestones</b>	
<p><b>Register to have your baby at Markham Stouffville Hospital</b> Due to Covid-19 all hospital pre-registration is now done over the phone. Please go to: <a href="https://www.msh.on.ca/clinics-departments/stollery-family-centre-childbirth-children">https://www.msh.on.ca/clinics-departments/stollery-family-centre-childbirth-children</a> for instructions.</p> <p><b>Preferred Accommodation information</b> While Markham Stouffville Hospital will try their best to accommodate private room requests, they can not always be guaranteed.</p>	<p>20-22 weeks</p> 
<p>To find out about <b>Maternity/Parental Benefits in Pregnancy</b> please visit the <b>Service Ontario</b> website at <a href="https://www.serviceontario.ca">https://www.serviceontario.ca</a></p>	
<p><b>Covid-19</b> For the most up to date information about care during Covid-19 and our Childbirth &amp; Children's Services visiting policies please visit: <a href="https://www.msh.on.ca">https://www.msh.on.ca</a></p>	
<p><b>For a Step by Step Guide to Pregnancy &amp; Beyond</b>  OMama Please download the <b>FREE</b> App <a href="https://www.omama.com">https://www.omama.com</a></p> <ul style="list-style-type: none"> <li>• Pregnancy, Labour &amp; Birth, Post-partum care, Infant feeding &amp; Newborn care</li> </ul>	
<p><b>Other information can be found the MSH website including:</b></p> <ul style="list-style-type: none"> <li>• What to bring to the hospital</li> <li>• Childbirth Orientation, Virtual Tour &amp; where to park</li> <li>• Prenatal Classes &amp; Supports</li> <li>• Information on delayed newborn bathing</li> <li>• How to find a newborn care provider</li> <li>• Post-Partum Discharge Teaching Videos</li> <li>• Post-partum care, Newborn Clinics &amp; Lactation Support</li> <li>• Frequently Asked Questions about breastfeeding</li> </ul>	
<p><b>Information for women planning to have a vaginal delivery after Cesarean (TOLAC)</b> <a href="https://youtu.be/wHuXwgsOjWY">https://youtu.be/wHuXwgsOjWY</a></p>	
<p><b>Information for women planning to have a Repeat Elective Cesarean Section (ERCS)</b> <a href="https://youtu.be/wyfw29HupSo">https://youtu.be/wyfw29HupSo</a></p>	
<p><b>Learn more about the Early Discharge Program at Markham</b> The program includes:</p> <ul style="list-style-type: none"> <li>• At home check-up by a Registered Midwife 24-36 hours after birth for mom and baby</li> <li>• Routine newborn bloodwork</li> <li>• Infant Feeding assistance</li> <li>• The opportunity to ask any questions you may have</li> </ul> <p>For more information, contact: <a href="mailto:earlydischargeprogram@msh.on.ca">earlydischargeprogram@msh.on.ca</a></p>	

**Markham Stouffville Hospital is a scent free hospital**

We are delighted to have partnered with two outstanding Prenatal Education platforms available at no cost!




### Markham Prenatal

<p>Markham Stouffville Hospital is pleased to partner with a leader in prenatal education, <a href="#">Markham Prenatal</a>, to deliver a series of prenatal classes to support expectant parents and their support persons. In response to the ongoing COVID 19 pandemic, all prenatal classes will be offered in a virtual format, at no cost to registrants. Our prenatal classes have been developed with the goal of providing accurate, current and unbiased information that will provide parents and families with an opportunity to learn and prepare for birth and care of their newborn. Select classes are available in English and Mandarin. All classes will be facilitated by Registered Nurses experienced in maternal and newborn care.</p>	
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### The Baby Academy

We are delighted to have partnered with The Baby Academy, to offer our patients a host of free live online classes, all delivered by Expert Health Professionals.

Visit us on Instagram: <https://www.instagram.com/thebabyacademyca/>

<p><b>Antenatal Class</b> The Baby Academy's Free Antenatal Class is designed for those in their second or third trimester of pregnancy. The Baby Academy's Expert Midwife will provide you with the most evidence-based information on topics that will support both you and baby, such as:</p> <ul style="list-style-type: none"> <li>• How to care for baby's cord</li> <li>• How to bath your baby safely</li> <li>• How to prevent SIDS (Sudden Infant Death Syndrome)</li> <li>• Plus much more!</li> </ul>	
<p><b>Breastfeeding Class</b> We understand that when your baby arrives you want to be able to support your baby's overall health and wellbeing as best you can. In advance of the big arrival, The Baby Academy's Free Breastfeeding Class is designed to get you ready to breastfeed! The Baby Academy's Expert Lactation Consultant will give you specialist guidance on topics such as:</p> <ul style="list-style-type: none"> <li>• How to tell if your baby is hungry</li> <li>• Mastering your baby's latch</li> <li>• Positions for optimal feeding</li> <li>• Understanding skin-to-skin</li> <li>• Antenatal Hand Expressing of milk</li> <li>• Plus much more</li> </ul>	
<p><b>Baby Safety Class</b> Feedback from new parents is that their number one fear is not knowing what to do in the case of an emergency. At The Baby Academy's Free Baby Safety workshop, you will learn about common baby safety issues. The Baby Academy's Expert Paediatric Nurse will equip you with up-to-date skills, confidence, and peace of mind, on topics such as:</p> <ul style="list-style-type: none"> <li>• How to deal with allergic reactions in babies</li> <li>• What to do if baby breaks out with a rash</li> <li>• Teething</li> <li>• How to react to baby ear infections</li> <li>• How to administer medicine correctly to your baby</li> </ul>	

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