



# Westmead Private Hospital

# Maternity Services

Our maternity services are designed to provide continuity of care and comprehensive support through pregnancy, birth and beyond. Our team of experienced clinicians are committed to delivering quality support, the finest birthing experience and exceptional postnatal care for our mums, bubs and their families.

## Facilities

- 6 birthing suites
- 32 bed unit with all rooms offering private ensuites and some offering double beds
- 10 cot Level 2 Special Care Nursery
- 4 Parenting Suites for couples to stay together after the birth of their baby

## Birthing Suites

We offer 6 birthing suites, providing a safe and comfortable environment. Our facilities have been designed to suit individual labour and birthing preferences, offering electronic beds to provide support for different positions during labour and birth, ensuites with bath/shower, day bed for partners, flat screen TV's, along with Foxtel and complimentary wireless internet.

## Postnatal Support & Bonding

We are dedicated to partnering with our mums towards meeting their breastfeeding goals through the provision of comprehensive education, support and follow up strategies.

- **Skin to skin contact**  
Women undergoing elective caesarean section and who fit our criteria are offered skin to skin contact with their baby in the recovery room immediately following the birth. Mum, baby and support person stay together during this transition before returning to our postnatal ward.

## Infant Feeding Support Centre

This women's only space offers daily breastfeeding sessions, advanced lactation support, bedside assistance and respite care overnight if required. We are the only private hospital in NSW to receive the International Board of Lactation Consultant's "Care Award", a recognition for excellence in breastfeeding and maternal support.

## Parenting Suites

Parenting Suites\* enable our mums and partners to be together with their baby to enhance the bonding experience for both parents.

Parenting suites include:

- A double bed
- All meals for mums and partners
- A complimentary robe and pamper gift pack
- Daily newspaper
- Fruit platter
- Gourmet hamper
- Coffee card for Mons On Darcy Cafe

## Special Care Nursery

Our Level 2 Special Care Nursery provides extra care that may be required if a baby is born prematurely or unwell. Should the need arise, transfer to a Neonatal Intensive Care Unit can be organised without delay. We also have the unique advantage of being collocated with the Children's Hospital at Westmead and Westmead Hospital, allowing us quick and easy access to their services if required.

## Maternity Tours

Free tours of our Maternity Unit are offered on Wednesdays at 6pm, Saturdays at 3.30pm and Sundays at 3.30pm, meeting at the main reception desk 5 minutes prior.

For more information call 02 8837 9000  
or visit [westmeadprivate.com.au](http://westmeadprivate.com.au)



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

\*Please note there is a cost involved for this service. Go to [www.westmeadprivate.com.au](http://www.westmeadprivate.com.au) for further information.

# Luxury Maternity Unit **Expansion**

**A multimillion dollar development is underway at Westmead Private Hospital**

## Key features of our Maternity expansion include:

- 31 additional maternity rooms, including 8 spacious parenting suites
- 14 cot special care nursery
- 1 additional birth suite
- Garden area for patients & families to enjoy
- New educational & lactation feeding areas
- 11 new surgical rooms. Following our expansion we will offer 100% single rooms throughout the hospital

For more information & updates about the expansion, visit our website: [www.westmeadprivate.com.au](http://www.westmeadprivate.com.au)

Whilst we are improving our hospital facilities it will be business as usual for all aspects of the hospital.

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## Childbirth and Parenting

### Education Programs

We offer programs in\*:

- Childbirth and parenting
- Active birth
- Caesarean section
- Breastfeeding
- Physiotherapy sessions

Additionally we offer 6 months access to our online antenatal learning centre.

## Complimentary After

### Baby Support

We continue to care for our mums and bubs after they leave Westmead Private. We offer comprehensive postnatal support with the following FREE programs:

- **Mums and Bubs Pilates Classes**  
We offer 3 mums and bubs pilates classes. These classes are offered to our postnatal mums and aim to provide fitness and strength as well as to ease backache, continence issues and pelvic floor dysfunctions.
- **Postnatal Support Clinic (2 hours)**  
Feeding, settling and sleep advice is offered by expert midwives and lactation consultants in a comfortable, relaxed atmosphere, for up to 6 weeks of age.
- **Infant Massage Workshops**  
Our specifically trained midwives in infant massage help new parents understand the correct strokes, ideal timing and length of massage for their newborn baby.



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Part of Ramsay Health Care