

Milton Centre for Women's Health

Prenatal Classes

FREE LIVE WEBINARS

In light of public gatherings such as prenatal classes being reduced due to COVID-19, Milton Centre for Women's Health is offering **FREE** online prenatal education sessions to expectant parents.



Scan the QR code
to sign up today!



PRENATAL CLASSES AVAILABLE

Labour & Delivery #1

- Signs & Stages of Labour
- Positions for Labour
- What to bring to the hospital

Post Partum #1

- Physical and emotional changes
- Newborn's World (appearances, behaviours, routines)

ATTENDED BY
OVER 20,000
EXPECTANT
PARENTS!

Labour & Delivery #2

- Birth Plans
- Medical interventions
- Pain relief options
- Cesarean sections
- Cord blood banking options

Post Partum #2

- Safe sleep
- How to tell if your baby is sick & when to call the doctor
- Breastfeeding

OTHER FREE WEBINARS


Tummy Talks

- Dear Baby, Breastfeeding with Joan

Tummy Talks

- Dear Baby, First Aid Coaching with Irwin

Register at
markhamprenatal.com/milton

 (905) 294-2229

IN PARTNERSHIP WITH

Markham  Prenatal
A Division of Cells for Life

Newborn Stem Cell Facts

Prior to your child's birth, it is important to consider your stem cell storage options.



CORD BLOOD

- Cord blood is the blood that remains in your baby's umbilical cord and placenta.
- Cord blood is a rich source of blood stem cells and other important cells.
- Cord blood¹ has been used in the treatment of over 80 medical conditions and there have been over 40,000 transplants worldwide.



CORD TISSUE

- Cord tissue is a segment of the baby's umbilical cord.
- Cord tissue is a rich source of mesenchymal stem cells (MSCs), which are the precursors to bone, cartilage, muscle and fat tissues and may have future potential to help repair and heal the body.

What are your options?



Preserve

Preserve your child's cord blood and tissue with a family bank for potential future use by your child or a family member.



Donate

Available at certain hospitals with eligibility requirements. Your newborn stem cells would go into a publicly registered blood bank.



Discard

Discarded as medical waste. Once discarded, these cells cannot be retrieved for future use.

SOME CONDITIONS APPROVED FOR USE

- Aplastic Anemia
- Fanconi Anemia
- Leukemias
- Lymphomas
- Severe Combined Immunodeficiency Disorder
- Sickle Cell Disease
- Beta Thalassemia Major

SOME CONDITIONS IN CLINICAL TRIALS

- Diabetes Type 1
- Cardiovascular Disease
- Cerebral Palsy
- Autism
- Stroke
- Osteoarthritis
- Rheumatoid Arthritis
- Multiple Sclerosis

Frequently Asked Questions

When are they collected?

There is only one opportunity to collect your baby's newborn stem cells - **at birth!**

How are they collected?

The collection process is quick, safe and does not interfere with your delivery.

How long can they be stored for?

Cryogenically frozen cord blood can be stored for decades and still be a viable source of stem cells for therapy. As long as the cord blood stem cells are stored in their optimum conditions, they can remain viable indefinitely².

Can I do both delayed cord clamping and newborn stem cell collection?

Yes, delayed cord clamping (up to 1 minute) and newborn stem cell collection can be achieved through planning and communication with your obstetrician or midwife.

Why store my second child's Cord Blood if I didn't store for my first?

Full biological siblings have a 25% chance of being a perfect match, and an added 50% chance of being a transplantable match.

How is clinical research expanding the list of conditions that may be treatable with newborn stem cells?

Newborn stem cells found in cord blood & cord tissue are helping to change the science of regenerative medicine, which involves repairing or establishing normal tissue function in the body³.

There are over 275 clinical trials⁴ underway around the world investigating the use of cord blood & cord tissue derived stem cells to treat a variety of conditions.

Speak with an expert!

If you have any questions, book an online session with a cord blood educator. We will get all your questions answered and help you to make an informed decision.



Scan the QR code to book your one-on-one online session.

¹www.Parentsguidecordblood.org

²Broxmeyer, H.E. Cell Stem Cell 2010; 6(1):21-24 Mazur, P. Science 1970; 168(3934):939-949 Nietfeld, J.J. et al. BBMT 2008; 14:316-322

³<https://www.cordblood.com/newborn-stem-cells-101>

⁴<https://www.clinicaltrials.gov/>



MATERNAL CONFIDENTIAL ADMISSION FORM

Accommodation requests will be based on availability at the time of admission

Please complete and return ORIGINAL copy to the Maternal Child Unit of the hospital where you are having your baby.

- Georgetown Hospital 1 Princess Anne Dr., Georgetown, ON L7G 2B8
- Milton District Hospital 725 Bronte Street S., Milton, ON L9T 9K1Cp
- Oakville Trafalgar Memorial Hospital 3001 Hospital Gate, Oakville, ON L6M 0L8

Have you received any treatment in this hospital before? Yes No

Has your name changed since your previous visit? Yes No

If "Yes", please indicate previous name: _____

Expected Due Date: _____ Allergies: _____

Attending Physician/Midwife: Last Name: _____ First Name: *MCWH*

Mom - Family Physician - Last Name: _____ First Name: _____ Address: _____ Phone Number: _____

Baby - Physician - Last Name: _____ First Name: _____ Address: _____ Phone Number: _____

Patient Information	Partner or Next-of-Kin Information
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Patient Surname: _____ Given Name(s): _____	Surname: _____ Given Name(s): _____
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Date of Birth: _____	Sex: _____	Marital Status: <input type="checkbox"/> Single <input type="checkbox"/> Separated <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Widowed <input type="checkbox"/> Common-Law	Address: _____
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Address: _____	City: _____	Province: _____	Postal Code: _____
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City: _____	Province: _____	Postal Code: _____	Home Phone: _____	Business Phone: _____
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Home Phone: _____	Business Phone: _____	Relation to Patient: _____
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Employer Name and Address: _____

Preferred Language: _____	Religion: _____
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Hospital and Medical Insurances

Health Card Number (10 digits): _____	Version Letters on Health Card: _____	Surname and Initials as Shown on the Health Card: _____
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Accommodation	Coverage
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- | | |
|--|---|
| <input type="checkbox"/> Ward
<input type="checkbox"/> Semi Private
<input type="checkbox"/> Private | <input type="checkbox"/> I do not have insurance coverage. Please bill me directly.
<input type="checkbox"/> I have some coverage. Please bill my insurance company and bill me for any remaining balances.
<input type="checkbox"/> I have full coverage. Please bill my insurance company directly. |
|--|---|

All self-pay accounts should be paid upon discharge.

Extended Healthcare Benefit Insurance Information and Coverage

Name of Insurance Company: _____

Surname and Given Name of Certificate Holder (as registered with insurance company): _____	Patient Relation to Insurance Holder: <input type="checkbox"/> Holder <input type="checkbox"/> Child <input type="checkbox"/> Spouse
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Group Policy Number: _____	Identification or Certificate Number: _____	Certificate Holder's Date of Birth: _____
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Employer Name: _____	Employer's Address: _____	Employer's Phone #: _____
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- 1) I understand it is my responsibility to verify my insurance coverage
- 2) We would like to receive feedback on your hospital stay so that we can improve our care. NRC Health is a national survey organization that may send you a confidential patient experience survey, if you are randomly selected. Signing below provides consent to Halton Healthcare to share your email with NRC Health only.

I Hereby Consent - Email address: _____ I Do Not Consent

Signature of Patient: _____ Signature of Registration Clerk: _____ Date: _____

For enquiries, please call Maternal/Newborn Admitting at: GH: 905-873-0111 ext 8501 / MDH: 905-878-2383 ext 7017 / OTMH: 905-338-4670

About You – Front & Back

We want you to have the best birth experience possible. Planning your birth ahead of time gives you the ability to read, research, and think about the type of care you want to have. You can also think about what you would like for yourself and the baby in the first few weeks after birth. This plan lets caregivers know what you would like in order for them to help you achieve your birth goals.

Introduction:

My Name is: _____

My Obstetrician is: Milton Center for Women's Health

My Due Date is: _____

The Baby's Family Doctor Will Be: _____

My Support Person during Labour Will Be: _____

I am part of the Cord Blood Program: Yes / No (Please Circle)

Is there anything you would like caregivers to know about you? (Concerns, Fears etc.)

My Goal Is (Please Circle):

1. To use supportive comfort measures offered by the nurse / my support person
2. To use pain medications in addition to comfort measures
3. To have an epidural
4. Other, Please Explain _____

Comfort Measure Offered:

Walking Hot/Cold Compress Listening to Personal Music Using Focal Point
Using Many Pillows Massage Epidural

After the Baby is Born:

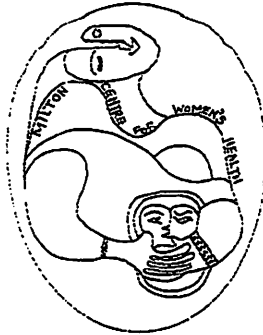
1. Have _____ cut the umbilical cord
2. Have skin to skin contact with the baby
3. Have the bay wrapped before I hold him / her
4. Have _____ take pictures / Video after the birth

** Please ensure you ask permission before taking pictures / video with hospital staff*

The obstetrical unit believes in keeping mom and baby together 24 hours per day. Nursing staff will support and help as needed in your room. Partner / support person can be with you're and the baby throughout the entire stay.

I am planning to (Please Circle) Breastfeed Bottle Feed

After I go home, the following people will help support me:



Milton Centre for Women's Health

Dr. Glen A Hunter, M.D., F.R.C.S. (C)
Dr. Melody Rajasingham, M.D., F.R.C.S. (C)
Dr. Nita Patel, M.D. F.R.C.S. (C)
Dr. Munia Karah, M.D. F.R.C.S. (C)
Dr. Alia Mukhida, M.D. F.R.C.S. (C)
Dr. Marielos Pineda Rivas, M.D. F.R.C.S.(C)
Dr. Smriti Khosla, M.D. F.R.C.S (C)
Obstetrics and Gynecology
311 Commercial St., Ste. 208
Milton ON L9T 3Z9
PH: (905) 875-2280 FAX: (905) 875-9172
Email: miltonobgyn@bellnet.ca

We Recommend the Following:

Hospital Pre-Registration - Please complete and return to the clinic before **30** weeks of pregnancy. These forms will be forwarded to the hospital in order to prepare the Maternal Newborn unit for your arrival

Virtual Tour – Visit www.haltonhealthcare.com – Milton District Hospital. Alternatively the video is also available on YouTube under Milton District Hospital Prenatal Virtual Tour

Car Seat Installation - Please ensure, before delivery, that you have read the car seat manual and have ensured it is safely installed in your vehicle. There are community resources available to help with this if you are not comfortable doing this yourself.

Pregnancy Related Websites

As hard as it may be, try to stay away from “googling” anything related to your pregnancy. Below are some great accurate, reliable, websites with true information related to pregnancy, labour, delivery, and the postpartum period.

Society of Obstetricians and Gynecologists of Canada – www.pregnancyinfo.ca

BabyCenter Canada – www.babycenter.ca

The Mother's Program – www.mothersprogram.ca

Parents Canada – www.parentscanada.com

Baby Friendly Initiative – www.babyfriendlyhalton.ca

Halton Region Website – www.halton.ca

Milton Center for Women's Health
905-875-2280

Pregnancy Screening Checklist ✓

First Trimester

Test	Week
First Trimester (Dating) Ultrasound <ul style="list-style-type: none"> Determines: Viable Pregnancy, heartbeat gestational age etc. 	5 to 9
Prenatal Blood Work <ul style="list-style-type: none"> Determines: Blood type, Rh factor, iron and hemoglobin levels, rubella immunity, STDs Etc. 	5 to 10
First Trimester Screening <ul style="list-style-type: none"> Assesses: Chance of Down Syndrome & Trisomy 18 	11 to 13

Second Trimester

Test	Week
Second Trimester (Anatomy) Ultrasound <ul style="list-style-type: none"> Determines: Structural abnormalities, amniotic fluid levels, well-being etc. This ultrasound checks baby from head to toe 	18 to 20
Glucose Screening (Gestational Diabetes) <ul style="list-style-type: none"> Determines: Mother's risk of developing gestational diabetes 	24 to 28
Rhogam Injection <ul style="list-style-type: none"> Done <u>only if you have a Negative Blood Type</u> 	28 Weeks
TDapp Vaccine (Recommended / Optional Vaccine)	21 to 32 Weeks – Done with Family Doctor Most Family Doctors administer between 27 and 32 weeks

Third Trimester

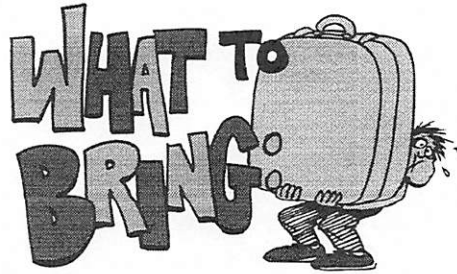
Test	Week
Group B Strep Swab (GBS) <ul style="list-style-type: none"> Determines: Presence of Group B Strep Bacteria 	36

Visit Schedule:

Every 4 weeks until 28 weeks
 Every 2 weeks until 36 weeks
 Once a week until Delivery

When to go to L&D Triage:

Regular Contractions, Water has broken,
 Vaginal Bleeding, or you notice a Decrease in
 Fetal Movement (Over 30 Weeks)



For Mom

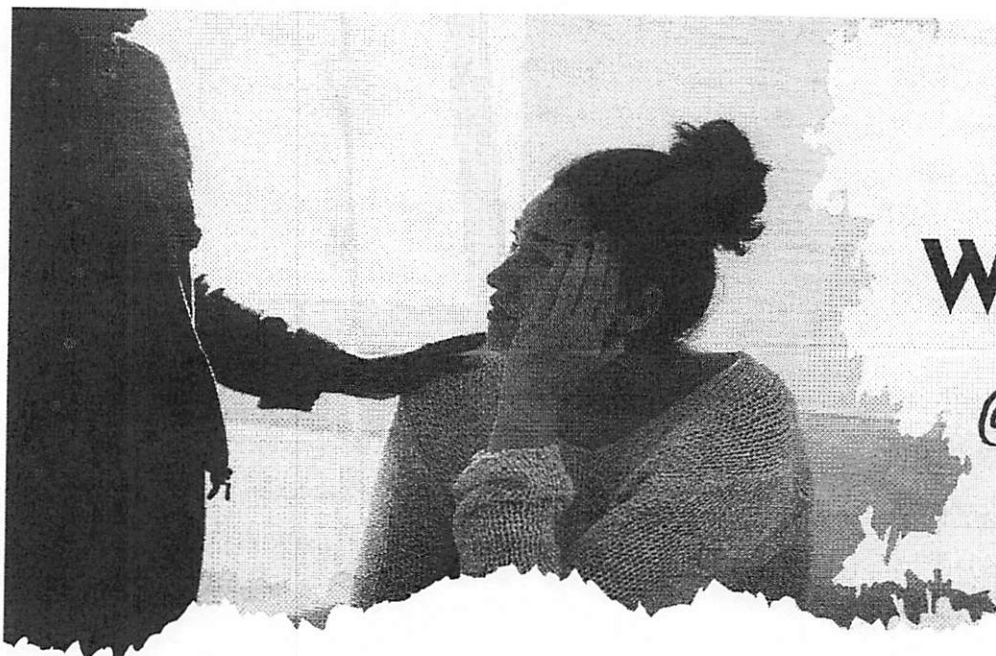
- Provincial Health Card
- Nursing bras & Nursing pads
- Maternity underwear
- Socks and/or Slippers
- Nightwear – Suitable for Breastfeeding
- Going Home Outfit
- Pen(s) – There will be forms to fill out
- Personal Snacks (Ensure they are labeled if you plan to use the fridge)
- Your own pillow (Optional)
- Notepad or Notebook for writing down any questions you may have
- Proof of semi-private or private room coverage
- Sanitary Pads (24+)
- Toiletries (Soap, shampoo, comb/brush, toothbrush, toothpaste, tissues etc.)
- Small amount of money

For Baby

- Diapers (Approx. 24)
- Clothing – Including Sleepers, Socks, Undershirt, Hat, Blanket and going home outfit
- Disposable wipes – hospital only provides wash cloths
- Infant car seat that meets Canadian Motor Vehicle Standards

For Dad / Support Person

- Appropriate clothing if staying overnight
- Extra snacks
- Tylenol or headache medication
- Camera (Optional) – Please ask permission before taking photos with hospital staff in them
- Toiletries
- List of phone numbers for those you wish to call when baby arrives



MENTAL WELLNESS

@The WOMB



Postpartum Anxiety Support Group

This closed group 8 weeks session is facilitated by clinical psychologist Dr. Amy Wojtowicz. Parents learn cognitive behavioural therapy skills to reduce fear, break unhelpful thought patterns and address their needs in connection with others. **Starts April 3rd @ The WOMB Burlington**

Emerging Mothers

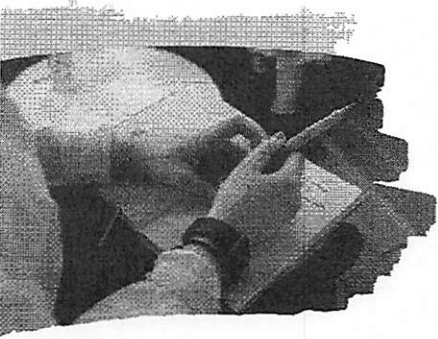
This 6 week course is for parents and their new babies to find community, connection and support. Explore "hot topics" in a non-judgemental space, find your village and explore a space that is here for you, however you need to show up! **The WOMB Milton + Burlington**

Reduced Cost Counselling Sessions

Therapist Shannon MacAuley is offering \$50 counselling sessions to those in need. Shannon has extensive experience working with people who have experienced trauma, C-PTSD, perinatal and maternal mental health concerns and who identify as LGBTQ2s+



SCAN QR CODE TO INQUIRE



Healthy Babies Healthy Children (HBHC) Information for Families

Being a parent can be exciting and challenging. You may have questions about feeding and comforting your child or want to learn more about your child's development and behaviour. Ontario's Healthy Babies Healthy Children, a program offered by the Halton Region Health Department, can support you in giving your child a healthy start in life.

What is Healthy Babies Healthy Children?

HBHC is a free home visiting program for parents to be and families with young children (from birth to the start of school), who may need extra support. HBHC provides parents with information and guidance on how to:

- have a healthy pregnancy
- feed their child
- help their child learn and grow
- keep their child safe
- build a positive relationship their your child
- take care of their health and well-being
- connect with services and supports in their community

How does it work?

Families can receive visits by a public health nurse and a family visitor. The visits are done in your home or at a place and time that works best for you and your family. You can decide what you would like to work on because you know your family best.

Who is the home visiting team?

Public health nurses are registered nurses who work in the community. They are skilled in health teaching and can help you build solutions to challenges you may be facing. They can also help connect you to the services you may need.

Family visitors work closely with public health nurses to support parents with young children and share ideas and activities that can help you promote your child's development.

How can I learn more about Healthy Babies Healthy Children?

To learn more about Healthy Babies Healthy Children or to receive parenting information, visit halton.ca/haltonparents, call 311 or email haltonparents@halton.ca.



@theperinatalcollective
support@perinatalcollective.com

the **Canadian**
Perinatal Wellness
collective

Perinatal Mental Health Counselling + Support Groups Across Canada

Online support during pregnancy, postpartum, and early parenthood

Video-based support for parents

At least 1 in 5 women suffer from anxiety, depression or other mental health challenges during pregnancy and after having children.

Many parents are surprised by how challenging this transition is and could benefit from receiving support from a professional. **You are not alone.**

We are a team of trained perinatal mental health specialists across Canada, ready to support you.

From the comfort of home, you can access the help you deserve.

Signs that you might need more support:

- feeling overwhelmed + on edge
- intense sadness, hopelessness, or feeling numb
- thoughts of self-harm or suicide
- thinking you shouldn't have become pregnant
- feeling like you're not cut out for this
- extreme worry + hyper-vigilance for your baby
- flashbacks about birth
- insomnia (beyond waking for feeding)
- intense anger or rage



FREE
Online Support Groups



to learn more!

Visit our website
www.perinatalcollective.com

Book your session

Meet with your counsellor online

NO REFERRAL NEEDED | VIDEO SESSIONS | THERAPISTS IN YOUR PROVINCE