

## **Midwifery in the Home**

The Northern Sydney Local Health District cares for women and their babies in the home up to 14 days from the day of birth. There is good evidence to show that returning home as soon as you are able, with ongoing support from professionals, is beneficial for mothers and babies.

This service is available to all women who discharge home within the hospital catchment areas. Women who reside outside the district may be referred to their local hospital or may be required to return to the birthing hospital for postnatal check-ups.

### **Advantages of care in the home**

- You can receive professional support from midwives without having to leave your home
- Midwives are experts in helping resolve common postnatal issues
- Family members can be involved in the support and care of the mother and baby

### **Types of support**

- Midwives visiting you in the home are able to provide a range of services including feeding support, weighing baby, blood tests for baby and checks on mothers
- Each family is given individualised care that aims to assist you with gaining confidence in feeding and parenting skills
- Midwives will link you in with community supports including your local child and family health service
- Free interpreter services are available for the visits

### **Visit expectations**

- While you are under the care of MITH until your baby is 14 days old, you will not have a home visit every day. Over the course of the 2 weeks you can generally expect a combination of 2-3 home visits and some phone calls as required
- Visits occur 7 days a week between the hours of 8am and 5pm, however no appointment times are able to be given
- If your circumstances change and you need to contact the midwives regarding a visit, please leave a message by 8am
- Please secure any pets during the visit, and ensure a private space for the midwife to do an assessment
- Midwives are supplied with shoe covers to wear if you prefer no shoes are worn inside. Midwives are unable to remove their shoes due to Work Health and Safety requirements

**If you have any concerns about you or your baby's health, please contact a health professional immediately**

Royal North Shore Hospital: 9463 2150

Hornsby Ku-ring-gai Hospital: 9485 6677