



# Helensville Birthing Centre

TE PUNA WHĀNAU KI TE AWAROA

## COVID – 19

The New Zealand College of Midwives, UNICEF, World Health Organisation and the Ministry of Health all recommend that mothers continue to breastfeed throughout pandemic situations. We know that breastfeeding provides some anti-viral and anti-bacterial defence for babies and breastfeeding is the safest and most optimal way of feeding your baby through a pandemic and / or disaster situation. Support to continue breastfeeding is available from your midwife, well child provider, a lactation consultant or breastfeeding peer supporter.

### February 2023

We know this can be a very difficult time for you and your family. We want to give you the support you need to feel confident to go home and care for your baby when your support systems may be limited. The way we provide care during this time is a little different to keep you and our staff safe.

You are asked to stay in your room as much as you can. However, we welcome you and your support person to access the kitchen as needed. *We ask that all other visitors stay out of the kitchen, your main support person may make visitors drinks and bring them to your room.*

Please remember it is one person in, one person out. Help yourself to available snacks and water etc. Support people are able to make themselves breakfast ☺ and use the facilities to prepare their food. Each room has a shelf in the fridge to store food and drinks. Your support person may leave the centre briefly to make purchases from local shops / food outlets.

A mask must be worn when leaving your room.

Maintain social distancing from others, wash your hands regularly.

If your support person needs to go home overnight to care for children, they may do so and return the next day.

In order to protect your baby we recommend minimal interactions with other people. Be vigilant about sticking to your bubble.

Please wear a mask when staff come in to your room.

Please advise us if you start to feel unwell or discover you may have been a household contact confirmed or suspected case of COVID -19.

You will have been advised of the current visiting policy.

Your LMC is now welcomed back to visit you at the centre. If you LMC does not visit you at the centre a Helensville Birthing Centre Midwife will complete your daily checks.

Your LMC is still available by phone and will advise you how they will check on you and baby once you are home.

There is a list of resources available to offer you more support at this difficult time.