

# New Mothers Inpatient Services



Northpark Private Hospitals' Mother and Baby Unit provides inpatient programs for families who experience difficulties and adjustment following the arrival of a new baby. The unit can accommodate mothers in the antenatal and postnatal period with their babies and can also provide overnight accommodation for fathers (cost associated).

## **These difficulties may include:**

- Feeding difficulties
- Infant sleeping difficulties
- Unsettled and/or irritable infant
- Reflux and colic
- Ante-natal and post natal anxiety and/or depression.

The unit is staffed by a highly qualified team of Psychiatrists, Pediatricians, Midwives and nurses, specialist Psychiatric Nurses, Psychologists and Social workers, who have extensive experience assisting new mothers and their babies.

## **Sleep Settling Program: 3 night stay**

- The sleep settling program provides education and support strategies for babies with unsettled behaviour or feeding difficulties.
- Every baby is assessed by a Pediatrician, who in consultation with the nursing staff, will provide an individual care plan.
- To access this service please contact the booking team on 9468 0800 or complete the intake book from on the Northpark website and return via fax on **03 9468 0358** or email **northpark.mbuintake@healthscope.com.au**
- A Doctors referral for your baby will be required prior to or on admission.

## **New Mothers Inpatient Program**

- For mothers with depression, anxiety or adjustment issues are admitted under the care of a Psychiatrist.
- This program is based on a holistic treatment model which incorporates medical and psychological approaches through individual and group therapy.
- To access this service please phone intake team on 9468 0850.
- Doctors referral required.

**Northpark's Mother and Baby Unit facilitates admissions seven days per week.**

**For further information or to arrange to attend, please contact Day Program Intake on 03 9468 0177 or via email on [dayprogram.intake@healthscope.com.au](mailto:dayprogram.intake@healthscope.com.au)**

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