

Visiting Your Baby in the Special Care Nursery

This leaflet has been given to you to help you understand important visiting details related to your baby's care in the Special Care Nursery (SCN).

You are the most important person in your new baby's life and as such we encourage you to visit your baby frequently. Quality time spent with your baby is important not only to assist with bonding but to his/her growth and development.

The Special Care Nursery staff is here, not only to meet the needs for the baby, but also to offer guidance and support to you and your family. We can assist you to feel comfortable providing care for your baby and to learn how to be involved with your baby's development. Although there may be difficult moments, the closeness and time you spend with your baby can be an important part of this special start. Please let us know how we can help you.

Hand Washing



The most important way you can help minimize the spread of germs is to wash your hands. Wash your hands with soap and warm water; be sure to scrub between your fingers, your fingertips and fingernails, the back of your hands and wrists. You should scrub for at least 20 seconds, the time it takes to sing

"Happy Birthday" twice. Hand sanitizing must be done upon:

- Entering and exiting hospital;
- Entering and exiting any of the clinical areas and units;
- Entering and exiting your baby's bed space, and
- Before and after you touch your baby.



No food or drink is allowed at the bedside. Water may be brought to the bedside in a closed container.

Who can visit your baby?

Brother and sisters of the baby are welcome in the Special Care Nursery if:

1. They are healthy at the time of their visit;
2. Their vaccinations are up-to-date and a copy of the vaccination record has been provided to the SCN – if your child(ren) have recently been vaccinated with a live vaccine (e.g. MMR, Varicella, Nasal Flu), it is not possible to visit for at least 21 days after the date of vaccination; and
3. They have had chicken pox or have been vaccinated against chicken pox.

To keep your baby healthy no other children may visit the Special Care Nursery.

When are visitors not allowed into the Special Care Nursery?

- A cold or a runny nose;
- A cold sore, or feel a cold sore is starting;
- Diarrhea (loose or watery bowel movements);
- Vomiting (throwing up);
- Fever; or
- Have been in contact with any communicable disease (e.g. chicken pox, measles, mumps) in the last three weeks prior to their visit.





During the RSV (Respiratory Syncytial Virus) season, usually November to May, only brothers and sisters who have had their second birthday may come to the Special Care Nursery. Brothers and sisters under two years have an increased chance of getting the virus and can easily spread it to the baby. This virus is similar to the common cold but can lead to serious illness in premature and ill infants.

We encourage visitors to come with a family member. Please limit the number of people at the bedside to two.

Your Infant's Safety

Security systems have been installed to help stop abductions: door locks, cameras and an electronic infant/child protection system.

A parent needs to be with any visitors.

Unattended visitors need to be on the visitors list to be admitted in to the SCN. Unattended visitors may be asked to show photo ID.

Calling the Nursery



If you have question about visiting and caring for your baby, please contact the department. Please feel free to call the Nursery at any time at 519-464-4400 ext. 8261. You must provide the secure ID# that is on your baby band to allow sharing of information. Please do not give this number out to others as it helps us maintain confidentiality for you and your baby. Anyone else asking about your baby will be directed to contact you.

Privacy / Confidentiality

Your privacy and that of other families in our nursery is very important to us. Therefore, we respectfully ask for your assistance in not asking questions about other babies in the nursery. You will be asked to leave the nursery whenever confidential information is being discussed and/or when certain procedures are being performed. At these times we will ask you to return to your room or waiting room. Your cooperation will allow us to nurture your baby in a safe and soothing environment.



Special Care Nursery, Ext. 8261

Level 3, Norman Building
Bluewater Health, Sarnia
89 Norman Street, Sarnia, Ontario N7T 6S3
Telephone: 519-464-4400



Visiting Hours

8:30 am – 6:45 pm

7:30 pm – 6:45 am

These hours allow for change of shift, reporting and doctors' rounds.

