

CARING FOR MOMS AND BABIES



Services for growing families

BEFORE AND DURING YOUR PREGNANCY

Early Pregnancy Assessment Clinic

Expecting moms with non-critical pregnancy complications at less than 13 weeks who need hospital care can be seen at this specialty clinic instead of at the emergency department.



Ask your doctor or midwife to make a referral.

Obstetrical Medicine Clinic

For pregnant women with higher risk pregnancies due to medical issues, including seizure disorders, hematologic disorders, hypertension, and thyroid disorders.



Ask your doctor or midwife to make a referral.

Maternal Fetal Medicine (MFM) Clinic

For higher risk pregnancies — such as complicated twin pregnancies, or pregnancies with anatomic or placental concerns). This clinic offers consultation with an MFM specialist and specialized ultrasound assessment.



Ask your doctor or midwife to make a referral.

Diabetes Education Centre

This clinic supports women with pregnancies affected by diabetes through the coordination of care between an endocrinologist, dieticians, and nurses.



Ask your doctor or midwife to make a referral.

Genetic Counselling

Our regional genetics clinic offers genetic counseling services to families who are expecting and families who are looking to have a baby.



Call 416-281-7425 for more info. A referral is required.

Prenatal Classes

These education classes teach families skills that will help them during childbirth and the first few weeks of parenthood.



Register at shn.ca/maternal-newborn-care/prenatal-classes

Prenatal Breastfeeding Classes

Get prepared for breastfeeding before having your baby. Our classes are free to all expectant mothers.



Centenary: 416-284-8131 ext. 4530, General: 416-438-2911 ext. 8241

TOUR OUR BIRTHING/FAMILY MATERNITY CENTRES

Centenary hospital

Tours held at 6 p.m. on second and fourth Wednesday of the month. To register, please call us at 416-284-8131 ext. 4047.

General hospital

Tours held at 6 p.m. on first and third Tuesday of the month. Registration is not required.



shn.ca/maternal-newborn-care

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WHEN YOU COME TO HAVE YOUR BABY

Birthing/Family Maternity Centres

SHN is home to advanced birthing centres that provide culturally sensitive, respectful, and responsive care. We have modern, comfortable birthing spaces, state-of-the-art equipment, and leading expertise from our team of highly-trained obstetricians, family physicians, paediatricians, midwives, nurses, and lactation consultants.



Centenary: 416-284-8131 ext. 4047, General: 416-438-2911 ext. 3230

Water Births

For women with uncomplicated pregnancies, water births can be a positive choice that can decrease interventions and increase their enjoyment of the labour experience.



Speak with your midwife to learn more.

Neonatal Intensive Care Units (NICU)

We are also home to Neonatal Intensive Care Units that are specially staffed and equipped to care for premature and high-risk newborns. Our NICUs are able to look after babies born as early as 30 weeks.



Centenary: 416-281-7231
General: 416-438-2911 ext. 3272

AFTER GIVING BIRTH

Newborn Assessment Clinic

After having your baby, moms and families are given an appointment to return to the clinic for a follow-up consultation with a paediatrician and nurse.



An appointment will be booked with you before leaving the hospital.

Breastfeeding Clinics

Our Breastfeeding Clinics provides support to all women who have questions about breastfeeding, or are experiencing issues. New moms are encouraged to use the clinic as long as needed.



Centenary: 416-284-8131 ext. 4530, General: 416-438-2911 ext. 3222

Living and Learning with Baby

This free program is provided by Toronto Public Health nurses, and offers education and resources for new parents.



Call 416-438-2911 ext. 8241 to learn more.