

## Guidelines for Parents Using Bunk Rooms

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Dear Parents:

We are pleased to offer you the use of one of our bunk rooms to be closer to your baby while your baby is in the hospital. Parents who have used the bunk rooms before have helped write these guidelines.

You cannot pre-book a bunk room but you can request a room 1 day at a time by contacting the Charge Nurse in the NICU at ext. 33254.

Some days there may not be enough bunk rooms to meet all of the requests. If this happens we give priority to parents in the following order:

1. Parents who have a critically ill baby.
2. Parents who need to learn how to care for their baby's special needs before going home or parents whose baby is ready to room in before going home
3. Mothers of babies who are establishing breastfeeding
4. Parents who live long distances from the hospital
5. Other parents on a first come, first serve basis

Sometimes you may be asked to vacate the bunk room for 1 or more nights so a mother can room in with her baby. You will be given a room as soon as one becomes available.

### **Other guidelines:**

- When you rest or sleep, put your baby in his or her cot. Do not sleep with your baby as this is unsafe.
- You can adjust the room temperature, however you may want to bring a blanket from home or ask the nursing staff for an extra blanket.
- Meals are provided for only one person who stays all day and overnight in the bunk room. You can collect your meal tray outside of the NICU as they cannot always be delivered to your room. You can confirm meal times when you are here.

**Please turn over →**

- You are welcome to bring food from home and use the fridge in the NICU. There is a microwave in the patient kitchen on the Maternal Newborn Unit and in the NICU parent lounge.
- There is a cafeteria on Level 2 of the Sister Mary Grace Wing. There are coffee shops with food at the main entrance and the Fontbonne entrance.
- You can tie up your garbage and put it outside your door for the staff to pick up.
- You can use the washroom in Room 371 on the Maternal Newborn Unit. This room has a shower. Feel free to use the sink opposite your room as well.
- There is a telephone in each bunk room for local calls only. To dial out of the hospital, dial 9 first then the number you are calling. There are payphones in the family lounge on the Maternal Newborn Unit as well as outside of the unit near the exit to the overhead walkway.
- When you hear the fire alarm, take your baby in the cot to NICU right away.

**When you stay in a bunk room you can:**

- Visit in the family lounge or watch TV.
- Go off the unit to get a snack or take a longer walk – however never leave your baby alone. Please bring your baby to the NICU and talk to a nurse before you leave.

If you have any questions or concerns, please talk to a member of our health care team.