



Epworth

Epworth Freemasons

# Your Epworth Maternity *experience* awaits



A young woman with long brown hair is sitting on a bed, looking down at a pregnancy test she is holding with both hands. She has a joyful expression, with a slight smile and her eyes looking down at the test. She is wearing a white lace-trimmed tank top and plaid pajama pants with a purple bow at the waist. The background is softly blurred, showing a white pillow and a wooden headboard.

In that  
*moment*  
that you discover  
you're pregnant,  
your whole  
world shifts.



The dedicated team at Epworth Freemasons is here to support and guide you through this incredible journey.

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## The Epworth difference

Our professional team had the privilege of welcoming more than 3,000 babies into the world last year and is committed to a supportive and caring environment for you and your family to enjoy.

Purpose built facilities, state of the art equipment and a highly trained team is behind our commitment to world's best practice in maternity care, and is second to none.

Our recently refurbished and spacious birth suites provide the latest in technology, blended discreetly into the décor of the room to create a safe, yet harmonious environment.

For that extra measure of safety, our birthing suites are located in close proximity of fully-equipped operating theatres. We also have an Intensive Care Unit (ICU) within our Albert Street building and Special Care Nursery, if required.





We take care  
of the big things,  
so you can focus  
on the *tiny* ones



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### Private room guarantee

We know how important those early days with your newborn are.

Getting to know each other, surrounded by the support and privacy that you need. Our maternity accommodation has been designed to deliver you a premium experience. Your private room is complete with ensuite, television, telephone and free wi-fi during your stay.

Your partner or support person is more than welcome to stay with you in hospital to provide support, bond with your baby and learn all about their new role. All of our maternity suites can cater for partners with double bed or sofa bed options available.

Your baby will also stay with you in the comfort of your room, unless they need to be admitted to our Special Care Nursery. Having them with you helps promote bonding and gives you the time to get to know their cues and needs.

### Postnatal care

We have postnatal wards within our Victoria Parade and Albert Street campuses, delivering the same level of Epworth care and experience that we are renowned for. Our midwives are here to support you in your recovery and to help with early parenting skills including

feeding, settling, swaddling, nappy changing and bathing.

Midwives carry portable phones so that you can reach them for support or advice, any time of the day or night. Maternity rooms are also equipped with a call bell.

We have breast pumps available and our lactation consultants are here to answer any questions and support your feeding choice. Our experienced lactation consultants are available to help with breastfeeding questions, issues and information. They can also organise a follow-up consultation with you, if you need more support after you go home.

During your stay, a women's health physiotherapist will visit your room to provide tips and guidance for post birth recovery.

### Special Care Nursery

Newborns needing additional medical support are cared for in our Special Care Nursery. Our level 5 nursery is capable of caring from premature babies that are born from 32 weeks onward. Our specialist team is trained to provide the highest level of clinical and emotional support during your baby's stay and often care for multiple births and babies who require complex care. We have CPAPs and high-flow oxygen available, if required.







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## Night Nursery

We have a fully staffed night nursery that many families choose to take advantage of, to allow them to get some much needed sleep. Numbers for the night nursery are limited, so please speak with your midwife if you are interested in using it.

## A La Carte dining

We are proud of our sumptuous maternity menu, which is designed to reflect the seasons. Our qualified chefs are based on-site to ensure meals are prepared to the highest standard and partners are welcome to order. It has an emphasis on healthy and nutritional dishes and we pride ourselves on sourcing Australian products to ensure that our meals are of the highest standard. We cater for a range of special dietary requirements including vegetarian, intolerances, allergies and religious restrictions.

Partners don't miss out either, with complimentary breakfast if you stay overnight with us and a wide-range of meals to choose from.



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When you choose Epworth Freemasons, you're choosing a team of trusted experts who are with you every step of the way.

Just one number will put you in touch with the expert you need, to answer your questions and support you on this incredible journey.

**03 9418 8300**



### **Maternity Concierge** (option 1)

Experience a truly personal approach with one on one phone calls, tailored information packs and everything you need to know about having an Epworth baby. We know every family is unique, but each one shares a desire to give their baby the best start in life.

We are here to help that happen.

From the moment you think about having a baby, through to the day you arrive to meet your little one, your Maternity Concierge is here to help with no question too big or too small.



### **Pre admissions midwife** (option 3)

We know how important it is to take care of your physical and mental wellbeing, as well as your baby's.

That's why Epworth Maternity has a dedicated pre admissions midwife, available for personal consultations, in addition to your regular obstetric appointments.

It's an opportunity for you to speak directly with one of our senior midwives about your baby's birth and any concerns you might have.



**@epworthbabies**

Baby Elle at the one month milestone  
**#epworthbabies @purebabyorganic**



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We'd love to see photos of your babies once you're home, so make sure you **#EpworthBabies** so that we see them!

We run a monthly competition, giving away a \$250 Purebaby voucher for the best photo of your baby in its exclusive green leaf Purebaby growsuit. Breastfed bubs can also be in the running for a Franjo's prize pack by posting a photo of your **#MilkDrunkBub**

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## Epworth x Park Hyatt Melbourne

We are proud to partner with Park Hyatt Melbourne to offer our maternity families the opportunity to enjoy a five-star transition from hospital to home. This experience is subject to availability, clearance from your doctor and private health insurance coverage.

## Welcome to the World box

Every baby born at Epworth receives an exclusive 'Welcome to the World' giftbox, with a selection of beautiful gifts for you and your baby to enjoy. Packed with love by Epworth volunteers, each baby receives:

- > A Purebaby growsuit, designed exclusively for Epworth Babies
  - > Franjo's lactation cookies
  - > Epworth paediatrician-approved milestone cards
- .....



They say that babies don't come with a handbook,  
but this might just be the next best thing!

Written by your Epworth Maternity team it covers everything you need to know about your pregnancy, baby's development, preparing for hospital, your baby's birth and newborn care.

We also know how important it is to look after yourself as well as your little one, so there's plenty of information about your physical and mental wellbeing.



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## Comprehensive education options

Our comprehensive suite of education classes have been designed by our midwives who have decades of experience behind them. Each class is specifically tailored to your Epworth experience, guiding you through the birth of your new baby and early parenting.

Classes cover topics including your pregnancy, labour and birth, breastfeeding, early parenting, baby settling, Caesarean sections, partner support and your wellbeing. We also offer information and support for grandparents and families expecting twins.

Nearly every image you see in this booklet features an Epworth Maternity family. Ask our Maternity Concierge about capturing your newborn with our preferred photographer, or visit [www.bellafresh48.com](http://www.bellafresh48.com)

## Early discharge

If you would prefer to continue your recovery at home, we're also here to support you there. Early discharge packages are available, if you would like to go home earlier than planned. This is subject to clearance from your doctor for you and your baby.

## Hypnobirthing

Our popular Hypnobirthing classes are available to all Epworth Freemasons patients and places are strictly limited to ensure the best experience and space to learn. Find out more about what's involved and the benefits that many experience here.

Discover what  
Hypnobirthing is  
and how it might  
support your birth  
experience



# How to have an Epworth baby

We are here to make your Epworth Maternity journey as easy and exciting as possible. We encourage you to book with your maternity service as early as you can, to ensure that you can secure the obstetrician of your choice.

We pride ourselves on having some of the most sought-after doctors in their field, who will form a part of your care team.

You might have family or friends who've recommended an obstetrician and are now researching hospitals, or you might already know that Epworth is the right choice for you, but you haven't yet chosen a doctor.

## I have an obstetrician in mind

That's great. Once you have confirmed your pregnancy with your GP, just ask for a referral to your doctor of choice. When you attend your first appointment, all you need to do is advise your obstetrician that you would like to book in at Epworth. They will organise this for you, in conjunction with our teams. Alternatively, we can send you the necessary forms you need to secure your booking.

## I want to have an Epworth baby, but don't have an obstetrician yet

We can certainly help you find the right Epworth accredited specialist for you.

### Baby steps checklist

- ☐ Call our Maternity Concierge to discuss your options
- ☐ Select an Epworth obstetrician.
- ☐ Confirm pregnancy with GP and request a referral to your chosen obstetrician.
- ☐ Contact the Epworth obstetrician's room to make your first appointment.
- ☐ Complete all of the required Epworth maternity booking forms.
- ☐ Select Epworth education classes and book your place.
- ☐ Connect with other Epworth parents via our socials:



Epworth Maternity  
Facebook Group



Epworth  
on Facebook



Instagram @  
Epworthbabies



# mobile *midwife*

Find plenty of information and tips, direct from the maternity ward to you, on our **Mobile Midwife** page. Bursting with information, Mobile Midwife is here with tips on pregnancy, post birth recovery and how to care for your baby.

Join the Epworth maternity community, before you join us!

Keep up with the latest in maternity news and connect with thousands of current and past families:

## Contact Us

### Epworth Freemasons

Level 2, 320 Victoria Parade  
East Melbourne Victoria 3002

109 Albert Street

East Melbourne Victoria 3002

Phone 03 9418 8333

Fax 03 9418 8163

### Maternity Concierge

Phone 03 9418 8300



Join the Epworth Maternity online community