



## Information for overnight support people

### Overnight support

It is possible for one support person to stay overnight, please discuss this with our staff and they will try to accommodate you. A support person can be a partner, family member or close friend. Children cannot stay overnight.

### How you can help

Your role is to support the new mum and help her care for baby. This includes changing nappies, winding and settling baby, helping mum to the bathroom and preparing drinks and snacks for her.

### For your comfort

- We should be able to provide you with a blanket and a pillow.
- To prevent falls stow your things neatly and tidy up your bedding before breakfast
- You can make yourself a hot drink in the kitchen area, and please bring in some snacks as meals are only provided for new mums. There is a café onsite during daytime hours.
- You will be shown which bathroom you may use; you may not use the shared ensuites.

### Some important rules

- Please respect the privacy of all our new families by staying in your allocated room/bed space, do not wander the corridors, or go into restricted area. Dress appropriately for a public space.
- Smoking anywhere in the hospital or on the grounds is not permitted. Our smokefree service can assist you to stop smoking.
- Drugs or alcohol are not permitted and you may not stay if you are under the influence of drugs or alcohol
- Please be respectful of our staff and follow the directions of staff at all times
- You will be asked to leave if your behaviour is deemed to be inappropriate

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