
Guidelines for Parents Using Bunk Rooms

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 leave a 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. You may want to bring a blanket from home to feel more comfortable.
- Bring food from home and use the fridge in the room. There is a microwave in the patient kitchen on the Mother Baby 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.
- Please tie up your garbage and put it outside your door for pick up.

Please turn over →

- There is a telephone in each bunk room for local calls only. To dial out of the hospital, dial 9 or 88 first then the number you are calling. There are payphones in the family lounge on the Mother Baby Unit as well as outside of the unit near the exit to the overhead walkway.
- If you hear an emergency alarm, remain in your room and wait for further instructions. Rooms are checked during alarms.

Remember...

- Your goal is to be with and look after your baby in a safe place.
- Never leave your baby alone or take your baby off the unit.

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