

Even before they come into this world,

a baby's ability to capture our hearts is remarkable.

At Southlake Regional Health Centre we believe that all babies should have the best possible care, right from the very start.

Since every pregnancy and childbirth experience is different, we are proud to offer exceptional care to every mother and baby, including the highest level of specialized care for moderate and high-risk pregnant mothers, and at-risk newborns. At one time, parents with special circumstances felt their only course of action was to travel to larger city centres. Today, as the Regional Level 2 Paediatric and Perinatal Centre serving York Region and South Simcoe County, Southlake can provide exceptional care close to home.

We want your birthing experience to be the best it can be. Join us as we explore *Where the Miracle of Life Begins* at Southlake.



Southlake Regional Health Centre's Maternal Child Care Program

"Birth is a miracle, and it is amazing to be a part of so many families' new beginnings. I had all of my children at Southlake, and it truly is the best birthing centre to have an experience of a lifetime".

Kendra Adams, RN Birthing Unit



Prenatal Care

One of the most enjoyable ways to prepare for childbirth and for life with a newborn is through Southlake's Prenatal Education Program. Most new parents will acknowledge that the more information they have, the better! Classes are designed to help parents-to-be navigate pregnancy, childbirth, and what to do when taking their baby home.

For women without a family doctor, our ABC (A Baby's Coming) Prenatal Clinic provides care to pregnant women until they are referred to an obstetrician or midwife later in their pregnancy. A physician's referral is not required to access this valuable service.

One very important aspect of knowing what to do when the time comes is knowing where to go! Our Birthing Centre Tours will help you understand exactly what to expect when you arrive at the hospital. From where to find the Birthing Centre, to our dedicated triage assessment area, and private labour/birthing suites, we'll familiarize you with our beautiful, modern facility. We'll also take the time to answer all your questions and make every effort to help make you feel at ease about your upcoming labour and delivery.

We strive to respect the individual needs of the many cultures we serve.