



The Birthing Experience

Expectant parents receive special care the moment they enter Southlake and head directly to Labour Triage in the Birthing Centre. Patients are assessed by a Labour and Delivery Nurse and together a plan of care is developed.

Starting Off Right

Feeling good and being at ease with a new baby will help ensure a successful return to home. After a baby is born, our focus shifts to care for the mother and child and includes everything from bathing and breast-feeding to post-delivery care for the mother in either a private or shared accommodation room.

A Centre of Excellence

We want every woman's birth experience to be exactly what she wants it to be. A great way to start is to provide her with a private birthing room in which to labour and deliver. Each spacious room is equipped with a three-piece washroom, a reclining sleeper chair for her support person, and a bassinet for the baby.

Mothers also have access to a whirlpool tub during labour to assist with pain control and benefit from one-to-one support from a registered nurse. If required, a fully-equipped operating room is located in the Birthing Centre that permits the woman's support person to remain in there with her during a caesarean birth.



Compassionate and Responsive Care

When You Need Us the Most

While we certainly hope that every baby born in our Birthing Centre is healthy and happy, we know that there will be babies born who will need our very highest level of care. Our newly-renovated Advanced Level 2 Neonatal Intensive Care Unit (NICU) has the medical expertise, technology, and state-of-the art equipment to provide support for some of the most critically ill newborns in the region. We understand that compassion and exceptional care for these babies and their families is essential. Our NICU can accommodate up to 19 babies and is open to parents 24/7. A Courtesy Room is offered to mothers whose babies must remain in the NICU after mom is ready for discharge.

