



WELCOME

Thank you for choosing the Ottawa Birth and Wellness Centre, where we respect birth as a sacred, life-changing event, and as an opportunity for personal and family growth. Guided by the midwifery model of care, we are committed to a compassionate, respectful and family-centered care, as well as providing a supportive and welcoming environment for all our clients.

CONTACTING YOUR MIDWIFE

You must speak with your midwife before coming to the Centre. Your midwife will then contact the birth centre to let us know that you are coming. Your midwife may assess you for active labour in our assessment room. You will be welcomed into a birth suite once you are in active labour. If for any reason your midwife cannot arrive before you, the Birth Centre Aide may contact paramedics to assist with your birth.

AVAILABILITY

Admission is on a first come, first-served basis as space at the Centre is limited. There are three birth suites and an assessment room that can be used as a birth room if needed. Although it is rare, there is a chance that you could not be admitted to the Centre because all the rooms are in use. We recommend you have a back-up plan for your choice of birthplace, either at home or at a hospital. Be sure to develop this plan with your midwife before your labour begins.



BIRTH CENTRE AIDES

Birth Centre Aides are employees of the Ottawa Birth and Wellness Centre, who work as non-clinical support people. BCA's oversee the smooth operation of the Birth Centre at all times during your stay. Because BCAs do not provide clinical care, they cannot assess or admit you. It is possible a BCA might be asked to assist in your labour at the request of your midwife. The BCA will most likely be documenting or retrieving equipment while your midwife is focused on your clinical care. The BCA's are highly trained to coordinate with emergency services should the need arise to swiftly transfer birthing parents or newborns to hospital. Meet our BCA team here: <https://ottawabirthcentre.ca>

DURING YOUR LABOUR



EQUIPMENT

- Birth stools, birth balls, a number of peanut balls (in all sizes), slings, a freestanding mirror and rebozos for clients to use during their birth.
- Our large birthing tubs for comfort in labour and birth
- Sterile water injections for low back pain.
- TENS machines (trans-cutaneous electrical nerve stimulation).
- Nitrous Oxide - Also known as laughing gas.

COMFORT MEASURES

We offer many comfort measures which include:

- A private, secure environment where you can feel safe and supported.
- Hydrotherapy: using warm water in a shower or in our large birth tubs
- The knowledge that your options will be fully explained, and your choices respected as an active participant in your care.
- The freedom to eat and drink if desired.
- The freedom to move about and change positions throughout your labour and birth.
- The support and encouragement, if you wish, of partners, family, friends, or doulas.
- Free movement around the birthing suite and touch therapies such as massage, acupuncture and other techniques depending on the comfort level and skills of your support people.
- The Centre's equipment and services are designed for normal, uncomplicated births that need little intervention. This means that no epidurals or narcotics are available. If you feel that you need these, you can choose to move to the hospital where your midwife holds privileges.



AFTER BIRTH

After the birth of your baby, your midwife will stay with you and perform all normal newborn exams in your birth suite. A menu will be provided to you so that you may choose a meal, that will be prepared and brought to you in your room. There is a private bathroom in your suite where you and your partner can shower, if you choose. Clients are able to stay in the birth room for up to 4 hours after babies are born. This 4-hour time period is standard for midwifery care, whether a client gives birth here, at the hospital, or at home.

FOOD



We provide snacks and drinks during labour, and a warm meal after birth for the birthing person. We also provide partners with beverages including coffee and tea. Clients are welcome to bring their own food and are encouraged to do so if they have severe allergies or dietary restrictions as we cannot guarantee there has been no cross contamination. We offer a selection of Vegan, Vegetarian, Halal and Gluten free options which are subject to availability. Extra meals for support people or the birthing person are available for purchase. We accept cash, credit, and debit.

COVID-19, INFLUENZA AND OTHER RESPIRATORY VIRUSES

Midwives will be responsible to screen themselves, clients and their support people for infection before entering the building. If you are experiencing any symptoms, please advise your midwife ASAP as you may not be permitted entry into the Birth Centre. Midwives and birth centre staff will be wearing appropriate PPE (Personal Protective Equipment) which may include masks, visors or goggles, gowns, and gloves depending on the circumstance.

The OBWC follows recommendations from Ottawa Public Health during the respiratory virus and flu season. Your midwife will provide appropriate instructions where necessary.

PREPARING FOR YOUR BIRTH CENTRE BIRTH

WHAT WE OFFER

- Free Wifi
- Crushed ice
- Coffee, tea, juices and water
- Sanitary pads
- Peri bottle
- Hairdryer
- Newborn Diaper & Cloth Wipes
- Bluetooth Speaker
- Towels, pillows and linens
- Soap, mouthwash
- Take home Goodie Bag

*Please note that we do not carry formula, if you plan on formula feeding please bring some with you.

WHAT TO BRING WITH YOU

- Comfortable clothes, a swimsuit, or a sports bra to wear in the tub, if you wish, and swimsuit for partner
- Comfortable robe or other cover up to throw on if a location change is required
- Comfortable non-slip shoes *and sandals (if planning to use birth tub)*
- Infant Car Seat
- A phone or other device to play chosen music
- Camera for birth photos if desired
- Nursing bra and nursing pads
- Hairbrush and Hair Ties
- Baby clothes
- Diapers & Wipes
- Outerwear/ car seat safe blanket for the trip home
- Phone Charger
- Prescription Medication *in original labelled prescription container*
- OHIP card and other identification
- A dedicated care provider for any children onsite (*ideally not the labour support person/partner*)
- If taking your placenta home : bring a rigid plastic container, small cooler and ice pack

BEFORE YOU ARRIVE

- Register for a tour at <https://ottawabirthcentre.ca/tours>
- Register for a Choice of Birthplace Information Session if desired <https://ottawabirthcentre.ca/tours>
- Speak to your midwife about your chosen place of birth



HOW TO FIND US

The Ottawa Birth and Wellness Centre is located at 2260 Walkley Road at the South-East corner of St.Laurent Boulevard. Look for the Canon Building, with the big red signs. The entrance to the Birth Centre is at the rear (East side) of the building. Look for the 'Birth Centre' sign over the door.



Tag your photos during your stay on Instagram
@Ottawabirthcentre
#Ottawabirthcentre



Follow us on Facebook
Ottawa Birth and Wellness Centre