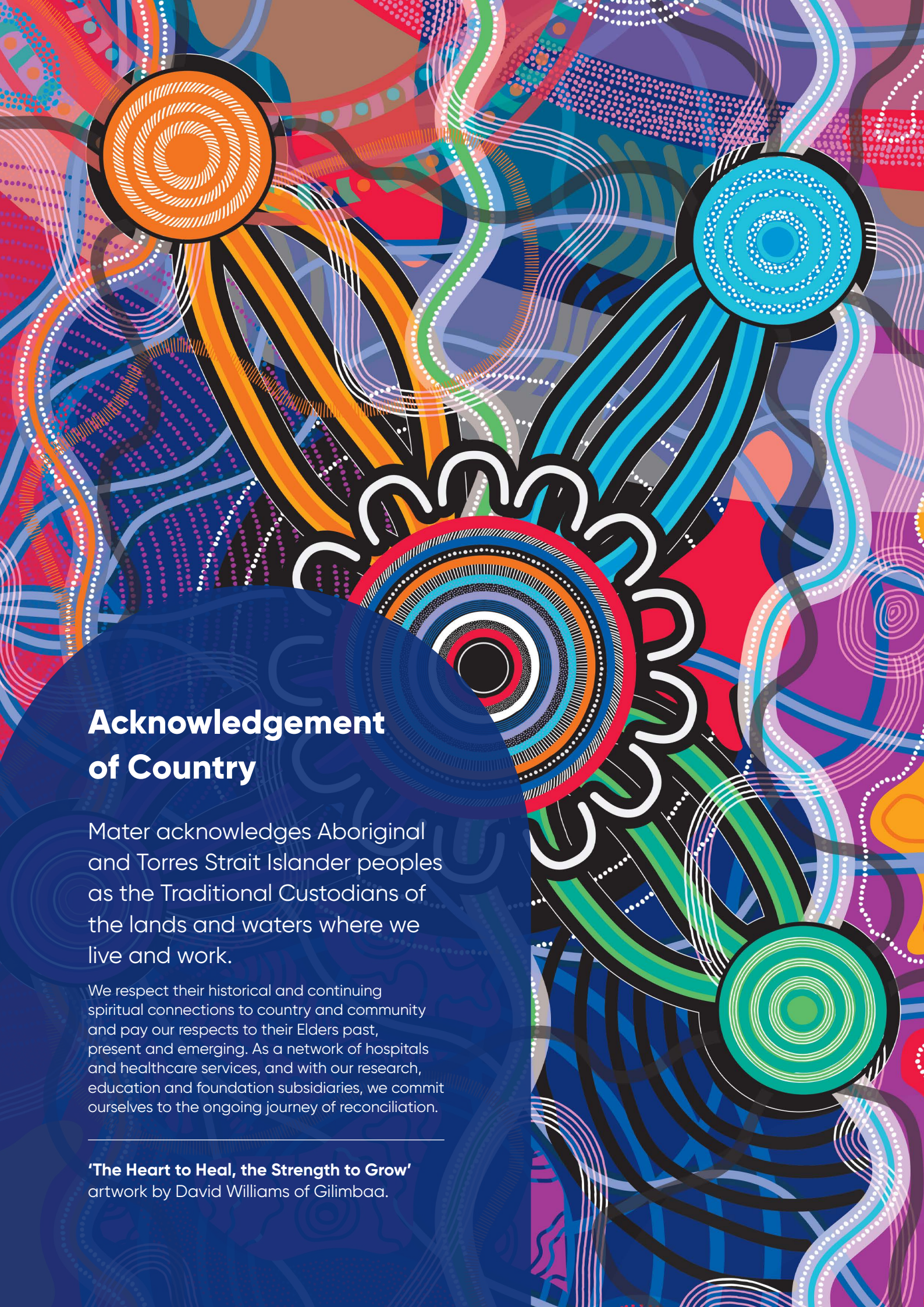


Having your baby

Mater Mothers' Private Gold Coast



Acknowledgement of Country

Mater acknowledges Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of the lands and waters where we live and work.

We respect their historical and continuing spiritual connections to country and community and pay our respects to their Elders past, present and emerging. As a network of hospitals and healthcare services, and with our research, education and foundation subsidiaries, we commit ourselves to the ongoing journey of reconciliation.

'The Heart to Heal, the Strength to Grow'
artwork by David Williams of Gilimbaa.

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Translation available

If you require this document in larger text or require information in another language, contact Mater's interpreter services on **07 3163 8776**.



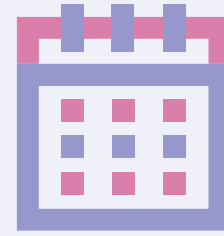
Welcome and congratulations

We understand that preparing for the birth of your baby can make you feel excited, anxious, overjoyed – in fact, a whole range of emotions.

We have prepared the following information to answer some of your questions and to help you feel comfortable about coming to hospital for your baby's birth.

If you have any questions, please phone Mater Mothers for support 24/7 on **07 5530 0726**.

Your pregnancy journey



Find out what to expect when you're expecting and be prepared for key milestones in the next nine months.

First trimester (weeks 1 – 12)

Most women experience morning sickness in the early weeks of pregnancy. In the majority of cases, nausea and other morning sickness symptoms resolve around 14 weeks, however, for some women, it lasts longer.

During this period, you can continue low impact exercise and consider how you are fuelling your body and nourishing your baby. Visit mater.li/PregnancyNutrients for an overview of nutrients important during pregnancy.

Common milestones in the first trimester include appointments with your GP to:

- confirm your positive pregnancy test
- book your first dating scan
- request a referral to a private obstetrician
- schedule genetic screening tests.

One of the many benefits of private maternity care with Mater Mothers is that you can choose your own private obstetrician to join you through your pregnancy journey. Learn about your options at mater.li/our-obstetricians

Second trimester (weeks 12 – 26)

During this period, many women's morning sickness eases and they begin feeling their baby move for the first time.

Chat to your obstetrician about enrolling in local parent education classes.

Common milestones during this trimester include appointments for:

- an ultrasound to confirm the gender of your baby
- a whooping cough vaccine (it is recommended to receive this between 20 – 32 weeks gestation)
- the flu vaccine is safe and free at any time during your pregnancy
- you should also book a tour of Mater Mothers – phone us on **07 5530 0726** to book. During this tour, you can ask questions about the care we will provide for you and your baby.

Third trimester (week 27 – birth)

This is when your body will experience the most physical change and your baby will move more regularly. Ensure you are listening to your body and resting when required. It's best to be prepared during this trimester, with hospital bags packed just in case!

Key milestones during this trimester can include:

- a blood test to determine likelihood of gestational diabetes
- an appointment to discuss the final details of your birth
- RSV vaccination, which is recommended for all pregnant women between 28 and 36 weeks of pregnancy.

After baby's arrival

Our midwives will arrange for you to see additional service providers (should you require any), such as social workers, physiotherapists, mental health professionals and occupational therapists while you are with us.

You also have access to Gidget Foundation Australia who are experts in supporting families suffering emotional distress during pregnancy and early parenting. Ask one of our midwives for information or telephone **1300 851 758**.

Chat to your obstetrician about joining our mothers group for ongoing tips, tricks, and an opportunity to network with other new mums.



If you think you may be in labour, or you're unsure whether it's time to come in, please contact Mater Mothers' Private Gold Coast on **07 5530 0726**.

Before you arrive



At Mater Mothers, we want you to feel as prepared and comfortable with your birthing journey as possible.

Bookings

As soon your pregnancy is confirmed by a GP, ask for a referral to one of our obstetricians.

1. Check with your private health fund to make sure you're insured for obstetric care and to understand the specifics of your cover. It's a good idea to contact your private health fund at least three months before your due date as you may need to add your baby to your cover.

If you do not have private insurance for obstetric care but would like to birth privately, we can provide you with costs.

2. As your obstetrician does not book you in, go to **mater.li/eAdmissionsGC** and follow the online admission process.
3. You will need the following information:
 - name of obstetrician
 - reason for admission (pregnancy)
 - health fund membership and policy details
 - GP's details
 - emergency contact details
 - medications information.

You'll receive an email that confirms your booking. If you have any questions, please telephone **07 5530 0726**.

Tours

To book a tour, please phone **07 5530 0726**.

Your baby's paediatrician

We're so proud of the team of paediatricians who are part of our community of care, and are extremely confident you'll be equally impressed. It's accepted practice that all babies be examined by a paediatrician within the first few days of birth. The examination will occur during your stay and may be at any time of the day. If you choose to discharge home prior to the 48-hour baby check, it is recommended you see your GP within seven days.

Your anaesthetist

When in labour, you may require an anaesthetist for some procedures, such as insertion of an epidural or care during an unplanned caesarean section. The anaesthetist will invoice you for this service. If you are having a planned caesarean section or epidural, your obstetrician will recommend an anaesthetist. You will be contacted and sent an invoice. This should be paid before the scheduled date of the service.

Understanding your costs

Your obstetrician will discuss their costs with you. Please note that your obstetrician's costs do not include some aspects of the care provided to you and your newborn baby. However, some of these costs may be covered by your private health fund.

Your private health fund can tell you which benefits you are entitled to, and which expenses will be out-of-pocket costs for you.

These extra costs might include some of the following:

- antenatal procedures, such as ultrasounds
- pathology, such as blood or urine tests
- pharmacy items
- antenatal education classes
- partner meals in hospital after the birth of your baby
- your baby's paediatrician
- your anaesthetist.

To learn more about private maternity fees, visit **mater.li/MM-Costs**

Photography and videography

Giving birth is a special milestone for families – and we understand you want to capture these moments. If you are booking professional photography, please note this may occur in the birth suite and theatre at your request as long as it does not interfere with the important work of the staff and clinicians involved and you should advise your birthing team of these plans during antenatal appointments.

Please note that your birthing team may request for photography to temporarily pause if it is interfering with their capacity to provide you with safe, appropriate care.

Mater requires all patients to adhere to the following guidelines for photography and videography:

- Hospital staff members should not be photographed or recorded without their specific consent.
- Video recording is not permitted during labour or birth, but can be done following the birth of your baby.

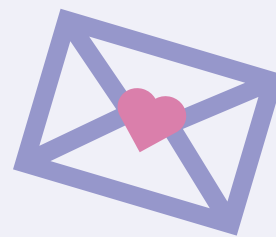
Support during labour

Most women choose to share their childbirth experience with loved ones, including their partner, family members and other carers. Mater Mothers allows one support person (in addition to a doula) to be with you during labour. We recommend discussing your preferences with your support person ahead of time in the event they need to make any decisions or requests on your behalf during labour or birth, including:

- your preferred pain relief methods
- cutting the umbilical cord – please also ensure you discuss your preference with your birthing team in advance.



Your local contacts



Mater Mothers reception (24/7)

For information on patient registration, eligibility and hospital charges at Mater Mothers' Private Gold Coast, or to be connected to patients or hospital services.

 **07 5530 0726**

Patient account enquiries (8am – 4pm weekdays)

For assistance with questions relating to your hospital account or finance.

 **07 5530 0726**

Patient feedback

Let us know when our team has gone above and beyond, and if there are areas where we could improve your care. Submit compliments and complaints via:

 **mater.li/feedback**

Information Privacy Office

For access to your medical records and to discuss any concerns about your privacy or disclosure of information.

 **07 3163 8111**

 **privacyoffice@mater.org.au**

Consumer engagement

Mater has an engaged community of consumers who partner with us to provide valuable feedback. We would love for you to be a part of our Consumer Consultant Group. Please contact our Quality and Risk Manager to find out more:

 **07 5530 0143**

Worried or concerned?

Patient, family and carer escalation

Are you worried or concerned about you or your family members condition?

1. Talk to a Nurse or Doctor regarding your concerns
2. Ask to talk to the Nurse in charge of the shift or the Nurse Unit Manager
3. **Phone 07 5530 0600** to escalate your concerns to the Hospital Nursing Coordinator and provide the following information:
 - Patient name
 - Ward, bed number
 - Your contact number

Escalate **your** concerns



The team
leader of
the shift



Your
Nursing Unit
Manager



Phone
07 5530 0600
to escalate to
Hospital nursing
Coordinator

**Involve the team to help make
clinical decisions**

Emergency care during pregnancy



Pregnancy can place your body under a great deal of stress. On occasion, complications can arise. There is rarely any need for concern, but you should mention anything that is worrying you to your obstetrician.

When to call

You should phone your obstetrician – or, in emergencies, **000** – if you experience or notice any of the following symptoms from 20 weeks of pregnancy:

- your baby's pattern, strength, or amount of movement is less than usual
- vaginal bleeding or spotting
- your water breaks
- regular, painful contractions
- unexpected increase in swelling or puffiness of your face, hands or feet
- increasing period-like pain in your lower tummy that comes and goes regularly
- any change in colour or odour of vaginal discharge
- abdominal cramps with or without diarrhoea
- sudden increase or decrease in the amount of urine passed, or if you experience burning when going to the toilet
- lower back ache
- persistent vomiting
- dizziness or blurred vision, particularly if accompanied by headaches.

Emotional and mental wellbeing during pregnancy

It is important to take care of your wellbeing during and after pregnancy. If you have any concerns regarding your emotional or mental wellbeing, please speak with your GP, midwife or obstetrician.



You can also always call **000** in an emergency.



What to bring to hospital



Please pack your belongings in a small bag as these are easier to store in your room. If you have a natural birth, your length of stay could be up to three days and if you are having a caesarean section, you should plan for up to four days.

For mum

- Comfortable pyjamas and loose nightie
- Dressing gown
- Cardigan or other warm clothing
- Comfortable, feeding-friendly clothes (i.e. oversize tees and loose-fitting button-up shirts or dresses)
- Loose underwear
- Maternity pads
- Nursing bras
- Nursing pads
- Nipple cream
- Socks
- Slip on shoes
- Slippers
- Phone and charger
- Going home outfit

For support person

- Medicare details for mum
- Birth plan for mum
- Driver's licence for mum
- GP, midwife or obstetrician's contact information
- Cash and card
- Phone numbers for families and friends
- Phone and charger
- Installed baby capsule
- Change of clothes and shoes
- Suitable closed in footwear (if they are supporting you in the birth)
- Cardigan or other warm clothing
- Water bottle



It is recommended that you leave any valuable items including jewellery or large amounts of cash at home.

While every effort is made to ensure you have a safe and comfortable stay at Mater, we cannot be held responsible for the loss or theft of any personal items.

For baby

One packet of wipes and one packet of nappies provided.

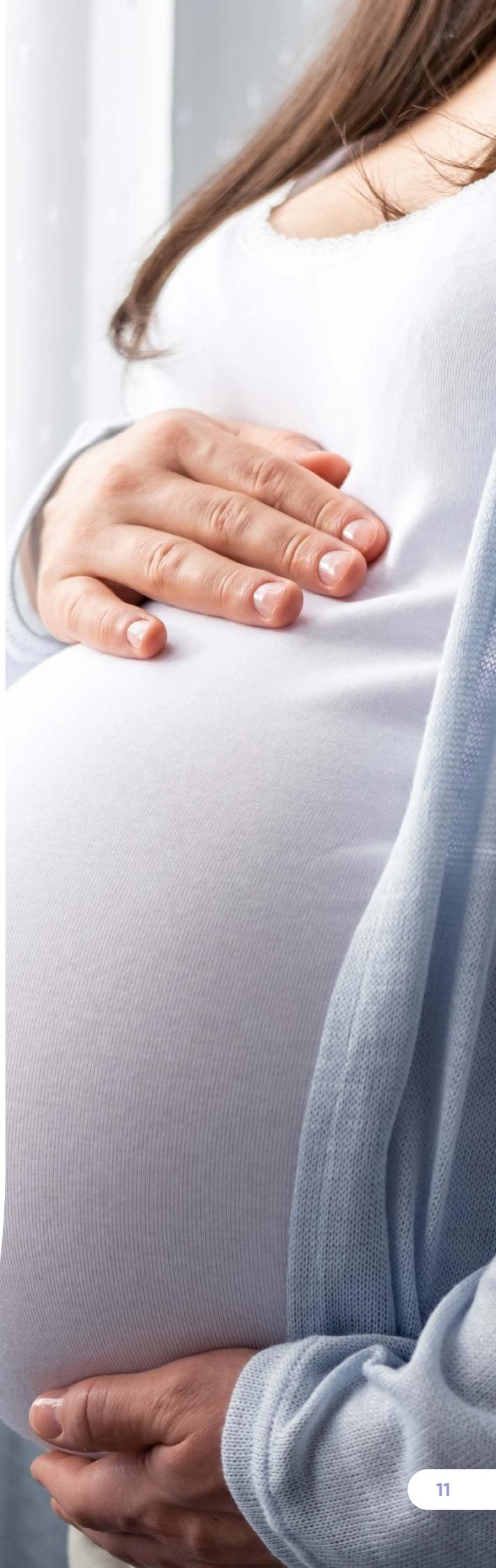
- Going home outfit
- Socks
- Singlets
- Onesies
- Nappies (8 – 10 per day)
- Burping cloth
- Swaddles
- Pack of wipes
- Nappy balm

Toiletries bag

- Moisturiser
- Shower gel
- Dry shampoo
- Mini shampoo and conditioner
- Basic makeup
- Lip balm
- Face mist
- Hand sanitiser
- Hairbrush and hair ties
- Deodorant
- Cleanser
- Toothbrush and toothpaste

Optional extras

- Laptop and charger
- Milestone cards
- Eye mask
- Headphones
- Lollies and snacks
- Contact lenses or glasses
- Your labour playlist





Your baby's birth

Birth suites

Mater Mothers' Private Gold Coast features a number of spacious and comfortable birth suites, providing a safe atmosphere for the birth of your baby. Each birthing room is self-contained, with the majority of medical equipment discretely concealed. Some of these rooms also include birthing pools for mothers that have water immersion included in their birthing plan.

Your midwife will work in partnership with you to help achieve your wishes for labour and birth. Your midwife also works closely with your obstetrician to ensure that you and your baby receive exceptional care.

If you require a caesarean

If you have a caesarean birth with a spinal or epidural anaesthetic, we welcome one support person into the operating suite with you. In cases of emergency caesarean births, the obstetrician and midwife may require loved ones to wait outside the operating theatre to ensure they can provide you with safe, appropriate care.

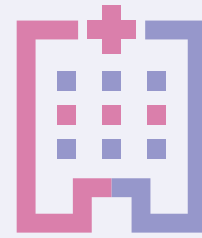
Supporting breastfeeding with skin-to-skin contact

Mater midwives encourage skin-to-skin contact with your baby as soon as possible after birth to help stabilise your baby's temperature and initiate an instinctive feeding response that will enhance bonding and breastfeeding establishment. These instincts are heightened in the first two hours after birth. A midwife will assist you with this.

Baby identification

Your baby will have two identification bands; one placed around each ankle immediately following birth. These bands must remain on your baby while you are both in our care. If a band becomes damaged or lost, please advise your midwife.

Arriving at hospital



Before arrival

We ask that you, your partner or support person calls before you arrive at the hospital for the birth of your baby to enable our team to best prepare for your admission. If you are in strong labour, too uncomfortable to move from the car or need immediate assistance, please mention this during your call so your care team can be waiting to support you on arrival.

Admissions

If you are booked for an elective caesarean section or an induction, please present to the maternity ward for admission.

Drop off, pick up and parking

The main entry point to the hospital for maternity is via the car park or the main entrance. Your partner may park in one of the designated drop off car spaces, accessed via the main entrance to the hospital on Hill Street. Once parked, please proceed directly to the Maternity Care Centre on Level One. As these spaces are for short term parking only, your car will need to be moved to the multi-storey car park once you are settled in the birthing suites. The main entrance will be locked after-hours, so use the intercom to gain access. Enter and walk past reception, proceed along the corridor to the lifts. Take the lift to the maternity ward on Level One. Turn left out of the lifts and a midwife or clerical person will meet and escort you to the birthing suites.

Key

- Parking
- Drop off zone
- Emergency Department
- Main entrance
- Bus stop
- Tram stop
- Public transport station
- Tram line
- Traffic lights
- Driving directions



Mater Mothers' Private Gold Coast

Main entrance
14 Hill Street,
Southport Qld 4215



07 5530 0726

Our facilities and services



Visiting hours

We know that your loved ones play an important role in your recovery.

Hospital visiting hours are from 10am until 8pm, seven days a week.

Please ask family or friends who are unwell to delay visiting your baby until they are well.



All wards have a patient rest period from 12 noon to 3pm, encouraging rest to support your healing.

Visitors are restricted during this time, except for partners or nominated support people. Families can phone and speak to their relatives at any point.



Patient meals

Mater Private Hospital Gold Coast is proud to offer carefully curated menus developed by our on-site chef in consultation with Mater's dietitians and specialists. Providing nutritious food is an important part of caring for our mothers, with meal choices tailored to your dietary needs and medical conditions.

Meals include cardiac, diabetic, vegetarian, kosher, gluten-free and culturally-specific options. A menu monitor will take your meal order each day. All meals prepared for you meet food safety standards.



Kitchenette

A range of chilled light meals are in the ward kitchen, and are available for both you and your partner. Help yourself whenever you're peckish. This complimentary service is in addition to the many meals that our talented chefs will provide for you during your stay. You'll love our food.



The private experience

We believe good food is an essential part of your recovery and wellbeing. Our private maternity menu includes:

- a 'congratulations plate' with chocolate-kissed strawberries
- three-course chef-created celebration dinner with beer, wine, and mocktails
- breakfast, lunch, and dinner daily
- high tea with sweets, scones, fruit, sandwiches, and savouries
- morning and afternoon tea with fresh fruit, house-baked treats, sandwiches, iced tea, cheeses, and antipasto
- in-room snack boxes
- 24/7 light meals and snacks for you and your partner.

Special dietary requirements are always accommodated.



In-room services

Midwife call buttons are located on hand-held controls beside each patient bed, as well as in ensuites and hallways. Please use these to alert your healthcare team if you require assistance.

Wi-Fi is available throughout your stay. Log in through the Mater Wi-Fi connection.



Servicing your room

Expect 5-star hotel standards in terms of cleanliness and presentation of your room. We'll service your room regularly, however, if you need towels changed, additional toiletries or an extra room clean, just let us know.



Café

Jamaica Blue café is located at the front entrance of the hospital on the Ground Level.

Hot drinks and food are available to eat in or takeaway. Fresh flowers, newspapers, magazines, chocolates and sweets are also available.

The café is open Monday to Friday from 7am to 5pm and on weekends from 8am to 4pm.



Accommodation for loved ones

Accommodation for family members and visitors can be booked with Mantra at Sharks (located in Southport). Please contact the friendly reservations team directly on **07 5603 3200**.



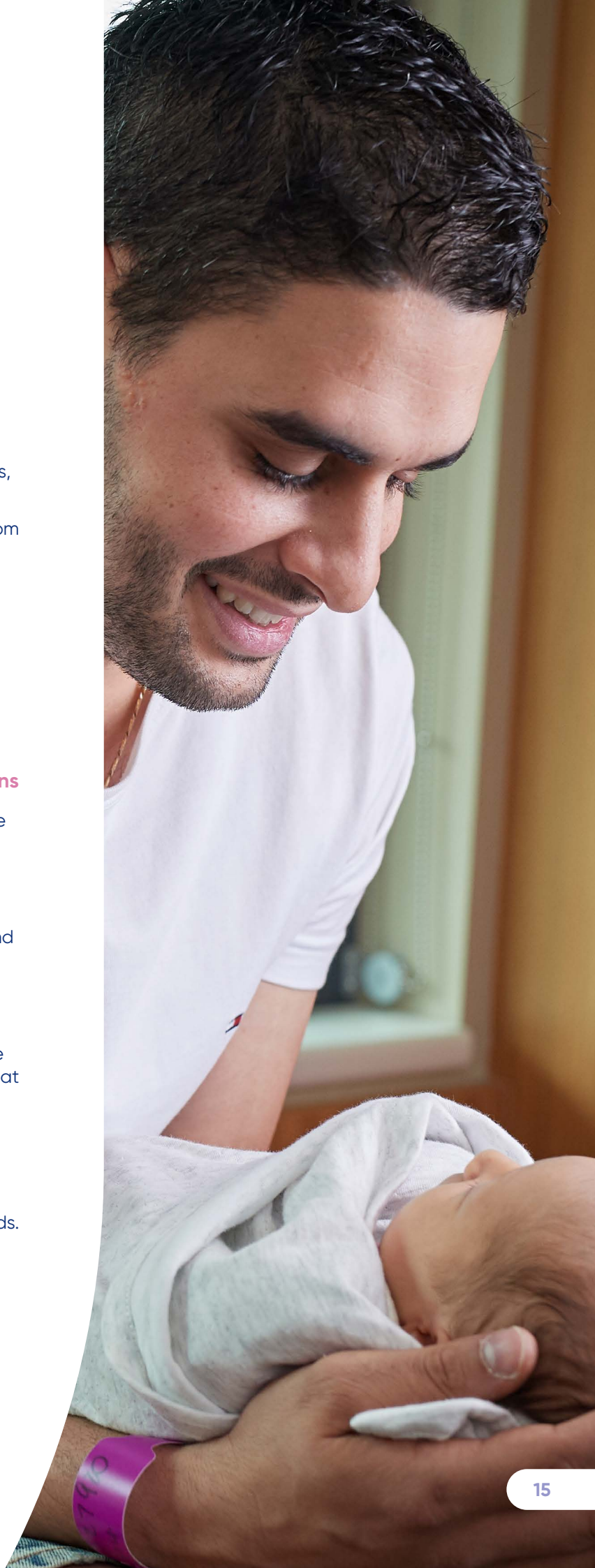
Cord blood and tissue storage options

Mater Mothers' Private Gold Coast and Cell Care have partnered to ensure that you have access to information about cord blood and tissue banking to make an informed decision prior to the birth of your baby. The collection process is quick and painless for both mother and baby and is performed by a trained Cell Care collector or your Obstetrician at birth. In recognition of Gold Coast Private Hospital's partnership with Cell Care, expectant parents are eligible to receive up to \$500 off the price of cord blood and tissue storage. Request your free digital information kit at info.cellcare.com.au/gcp



Pastoral Care

Mater offers spiritual and emotional support to patients and families of all faiths and backgrounds.





After your baby is born

Paediatric assessment

For a majority of births, a paediatrician is not required to attend. Your GP or obstetrician may request that a paediatrician be present when your baby is born if there are concerns during pregnancy.

During your stay in hospital, however, a paediatrician will perform a complete medical assessment to confirm your baby is well. At least two or three checks will take place:

- soon after birth
- prior to discharge
- others, depending on the progress of your baby.

A further check is also recommended at six weeks of age to confirm that your baby is growing and developing. You are encouraged to discuss this with your birthing team prior to discharge.

Medications for your baby

Hepatitis B and Vitamin K vaccinations are recommended for all babies soon after birth. For further information, please speak to your midwife or GP.

Postnatal care

You will have a postnatal check-up with your obstetrician, usually six weeks after birth. Your local Community Health Centre will be in touch after you are discharged. They'll aim to see you within one to two weeks, once you are settled in at home.

Your hospital stay after giving birth



Depending on whether you have a natural or caesarean birth, you may stay with us anywhere from three to five days after the birth of your baby.

Your private postnatal room

During your stay with us, you'll enjoy a family friendly environment in a purpose-built maternity ward. Our unit boasts state-of-the-art birthing suites, private rooms and a special care nursery.

Our compassionate team will ensure your stay is as comfortable as possible, with access to a reclining chair for your partner, meals to order and in-room television.

The discharge time for all women is 10am.

Ward routine

Mothers and babies are treated as individuals. Staff assist with education regarding the care of your baby and will demonstrate bathing, nappy changing. Baby feeding is mother's choice and support and assistance by experienced staff is provided.

Safety/security

Babies must be transported around the ward in their cots. This also applies to your baby care and nappy changing routines. Visitors and mothers are required to wear suitable footwear at all times.

All mothers are responsible for the security of their babies while in their rooms.





Babies who need additional care

Our Special Care Nursery provides specialised care for babies requiring a little extra care. The nursery is located between the maternity ward and the birth suites and is managed by a specialised nursing team.

It's equipped with state-of-the-art technology and facilities to support you and your baby. We also offer boarder options for you if your baby needs a little a longer stay. You can stay with us and be close to baby during their stay. Emergency, imaging, paediatrics, physiotherapy and other facilities are all very close by.



If you or any other visitor is unwell with a potentially infectious illness, please do not visit to help protect your baby's immune system.

Breastfeeding and safe sleeping



Breastfeeding

Mater Mothers' Private Gold Coast supports the World Health Organisation's recommendation that breastfeeding is the best source of nourishment for newborn infants. Breast milk and breastfeeding have great benefits for mums and babies.

Breast milk is specifically designed for your baby and changes to meet their nutritional requirements. It provides readily available, easily digestible food and has unique antibodies and growth factors to help protect and support your baby. Breastfeeding has also been shown to be beneficial to mums too – helping you to bond with your baby, lessen the effects of chronic illnesses, and facilitate the return to your pre-pregnancy body weight and shape (when breastfeeding for longer than seven months).

We believe that almost every woman, when given accurate information and encouragement, can successfully breastfeed. The experienced staff in birth suites and on the postnatal ward caring for you and your baby are able to provide you with breastfeeding information, assistance and support when learning to breastfeed.

Formula feeding

If you choose to use formula for infant feeding and have a specific formula that you wish to use for your baby, please bring that with you when you come to hospital for the birth of your baby. It is advised that you bring your own feeding equipment so that you and your baby can become familiar with it before heading home. We can supply disposable feeding equipment such as bottles and teats if your baby needs formula unexpectedly. Unfortunately, Mater Mothers cannot supply non-pharmacy formulas.

You will also be provided with education about how to safely prepare formula and feed your baby.

Safe sleeping for your baby

No sleeping environment is risk free. However, research indicates that following these safe sleeping recommendations will reduce the risk of sudden unexpected death in infancy:

- sleep your baby on their back from birth, not on their tummy or side
- sleep your baby with their head and face uncovered
- keep your baby and their environment smoke free before and after birth
- sleep your baby in their own safe sleeping place in the same room as an adult caregiver for the first 6 – 12 months
- feed your baby to comfort them
- provide a safe sleeping environment, night and day, including:
 - a cot that meets Australian standards
 - a firm, clean, flat mattress that fits snugly into the cot
 - bedding that cannot cover your baby's face (i.e. tuck blankets in firmly or use a safe baby sleeping bag)
 - removing all doonas, pillows, bumpers, lamb's wool (sheepskins) and soft toys from the cot.

Source: Red Nose

Sharing a sleep surface with your baby

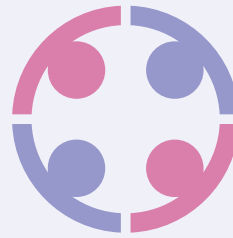
Many parents share the same bed with their baby to feed, settle or sleep. While sharing a sleeping surface with a baby can enhance maternal-infant bonding and can improve infant settling, it can also increase the risk of sudden unexpected death of an infant (SUDI).

For further information about sleeping with your baby safely – and the benefits and risks of shared sleeping – please refer to rednose.org.au



For support at any time, phone the Mater Mothers' Private Gold Coast team on **07 5530 0726** or the Australian Breastfeeding Association Helpline on **1800 686 268**.

Supporting you through parenthood



Becoming parents

We understand the emotional and social aspects of preparing for family life, including newborn development, changes in life, pregnancy and parenthood, and building resilience. You'll gain an appreciation for the changing roles and relationships in your growing family – we'll provide you with strategies to maximise emotional wellbeing, look for signs of postnatal depression, and understand the importance of genuine social support.

Birth registration

Forms to register the birth of your baby and to claim maternity allowance are issued to you during your stay. It's essential you take them home as they cannot be redistributed. You have 60 days to register your baby's birth at bdm.qld.gov.au

Safer Baby Bundle

Mater Mothers has joined hands with the Stillbirth Centre of Research Excellence in reducing stillbirth rates in Australia.

The Safer Baby Bundle initiative is an evidence-based stillbirth prevention program, developed in partnership with the Perinatal Society of Australia and New Zealand (PSANZ).

There are five elements that we encourage pregnant mums to discuss with their healthcare team:

- **#Quit4Baby**
Quit smoking to reduce the risk of harm to your baby.
- **#GrowingMatters**
Ensure your baby is growing appropriately and strong with regular fetal growth scans and antenatal appointments.
- **#MovementsMatter**
Get to know your baby's pattern of movements and raise concerns quickly if something doesn't feel quite right.
- **#SleepOnSide**
Going to sleep on your side from 28 weeks of pregnancy can reduce your risk of stillbirth.
- **#LetsTalkTiming**
Make your pregnancy and birth experience as safe as possible. Consult with your doctor about your individual level of risk.

Learn more here:

stillbirthcre.org.au/parents/safer-baby



Mater Foundation

As a for-purpose hospital and healthcare provider, Mater relies on support to help address the unmet healthcare needs of the community. Donations to Mater help fund critical neonatal care, specialised equipment and research into pregnancy, newborn health and premature birth, improving outcomes for mothers and babies across Queensland.

Every year, Mater Foundation invests more than \$40 million in improved equipment, services, staffing and resources for our hospitals, helping to improve the wellbeing of Queenslanders.

Mater Mothers is a major beneficiary of community fundraising, with initiatives such as the Channel Nine Telethon supporting Mater Little Miracles raising more than \$10 million annually for our most vulnerable patients across Queensland.

You can support Mater Foundation by giving a donation, buying a lottery ticket, or joining in one of our many community events. You are also able to nominate the region or program you would like your contribution to go towards.

For more information about our fundraising programs or to contribute, phone **07 3163 8000** or visit **materfoundation.org.au**



Our Catholic identity

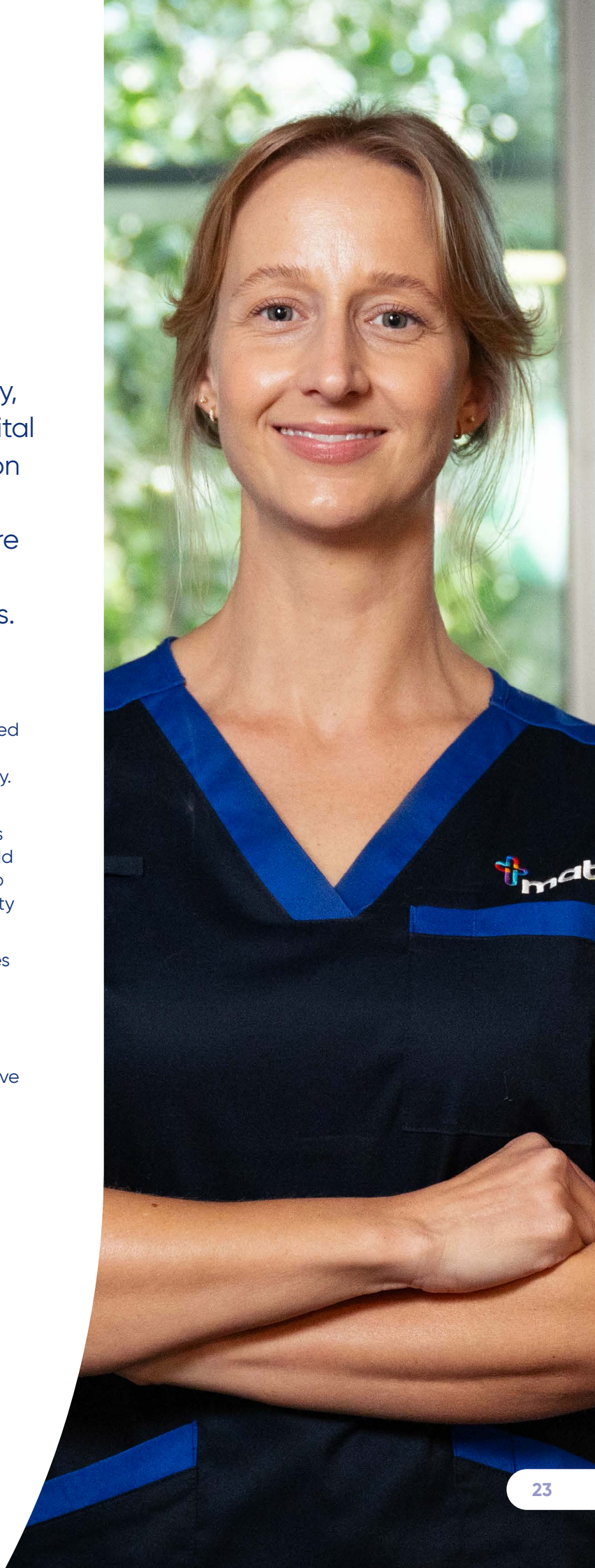
Mater's story is deeply rooted in the legacy of the Sisters of Mercy, who opened the first Mater hospital in Queensland in 1906. Their vision was bold and compassionate: to ensure high-quality healthcare is accessible to everyone, regardless of their circumstances.

From those humble beginnings, they built a network of hospitals across Queensland, championed the introduction of Medicare, and led the way in caring for people living with HIV. Their pioneering spirit continues to inspire us every day.

As a Catholic, for-purpose ministry of Mercy Partners, Mater remains committed to the values entrusted to us by the Sisters of Mercy. We uphold the dignity of every person – from conception to end of life – through compassionate, high-quality care that reflects our Catholic ethos.

In keeping with our Catholic heritage, Mater does not perform elective pregnancy terminations or sterilisation procedures. However, we continue to care for women and couples with empathy and respect, ensuring that those facing urgent medical circumstances or personal distress receive appropriate support, guidance and referral to specialist services when needed.

In this way, we continue to carry forward the legacy of the Sisters of Mercy – championing compassionate, high-quality care grounded in our enduring Catholic values.



Mission

We serve together to bring
God's mercy to our communities
through compassionate,
transforming, healing ministries.

Values

We honour and promote the dignity
of human life and of all creation

We act with compassion and integrity

We strive for excellence.

Mater Mothers' Private Gold Coast



14 Hill Street, (*off Parklands Drive*)
Southport Qld 4215



07 5530 0726



matermothers.org.au

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@matermothers  

Mater acknowledges consumer consultation
in the development of this patient information.

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