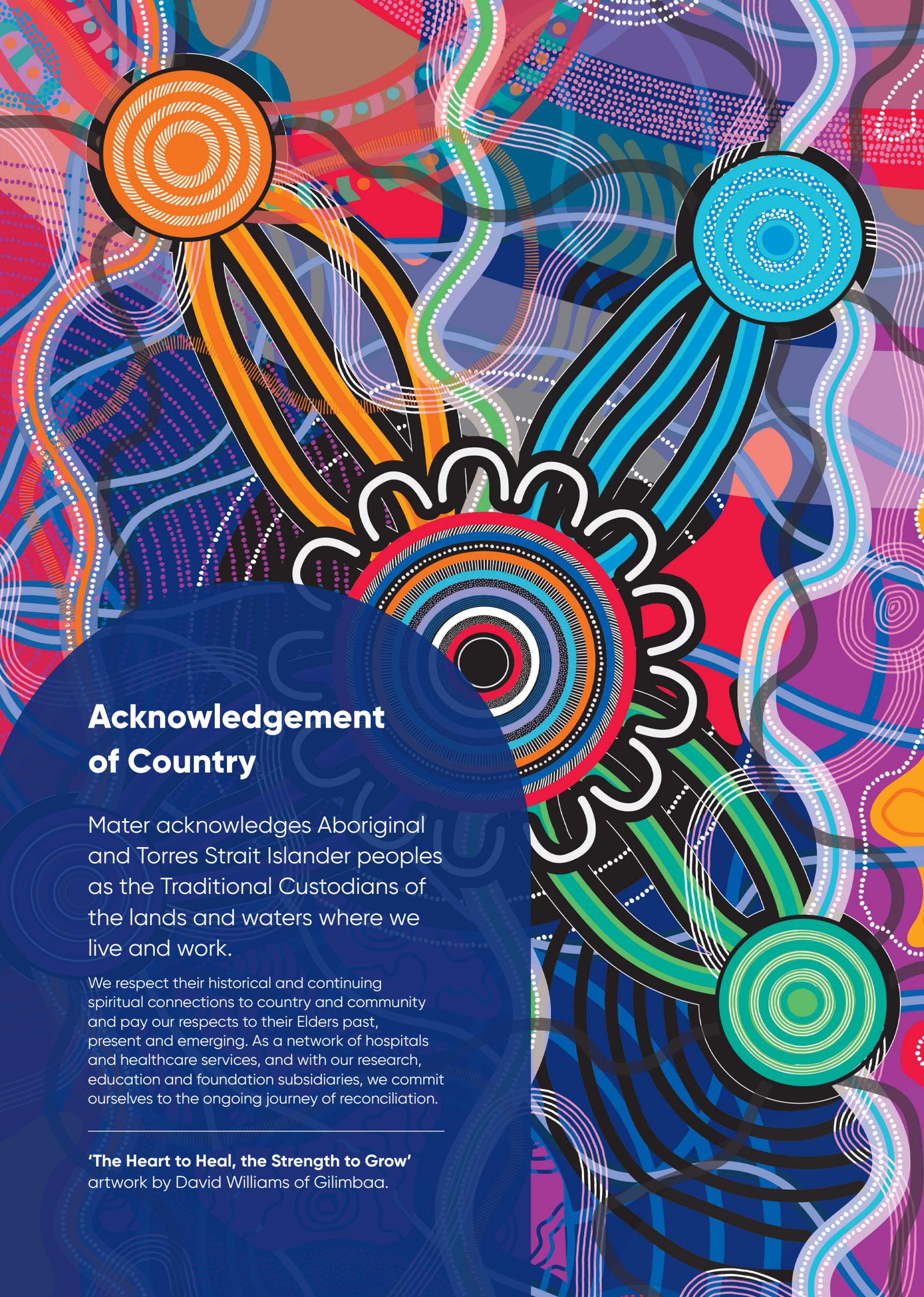




# Having your baby

**Mater Mothers' Springfield**



## 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.

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**'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**.



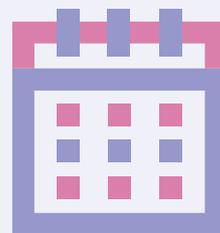
# Welcome and congratulations

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 3098 3900**.

# 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](https://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 maternity hospital
- schedule genetic screening tests.

## 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.

Consider enrolling in parent education classes. Both virtual and face-to-face classes are available and are delivered by experienced Mater Mothers' midwifery educators – for more information visit [mater.li/ParentEducationClasses](https://mater.li/ParentEducationClasses)

Common milestones during this trimester include appointments for:

- an ultrasound to assess your baby's growth, physical development and gender
- 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.

## 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
- if you booked parent education classes, this is when they will commence
- 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

You will be eligible for home care delivered by a Mater Mothers' midwife. Remember to write your questions down as you think of them so you don't forget!

If you're having any issues with feeding, sleeping or settling, you can contact our Parenting Support Centre on **07 3163 2299**.

Chat to your care team about joining a local mothers group for ongoing tips, tricks, and an opportunity to network with other new mums.



For urgent pregnancy-related issues at any stage during your pregnancy, please

present to your closest Pregnancy Assessment Centre (PAC), accessible 24 hours a day, seven days a week.

If you are near our facility, Mater Mothers features a PAC on level five of Mater Hospital Springfield.

# Our models of care



Your GP will send a referral to Mater Mothers' Springfield. We will process your referral and contact you with details of your first antenatal clinic appointment.

You will also receive a text message with a link to an online antenatal history form, to be completed before your appointment so that Mater Mothers has all of your information. Your appointments may be in person or via Telehealth.

When you attend this first appointment, we will confirm your model of maternity care. This model of care will be allocated to you by Mater and your GP, however will be affected by:

- personal preference
- any complications that occurred in a previous pregnancy
- any medical conditions
- conditions that may arise in this pregnancy
- whether you live in Mater's maternity care catchment. View Mater's public maternity catchment at [mater.li/MMHospitalCatchment](https://mater.li/MMHospitalCatchment)

Please continue to see your GP while waiting for your first antenatal clinic.



**Mater Mothers' Springfield is a part of one of Australia's largest maternity service providers,**

**working in collaboration with Mater Mothers' Hospital in South Brisbane.**

High-risk women requiring further support will be transferred for additional care.

## Models of maternity care offered at Mater Mothers include:

### GP Shared Care

If your pregnancy is low risk and your GP participates in Mater's GP Shared Care program, you may receive this model of care.

Your trusted GP will continue to care for you throughout your pregnancy and after your baby is born, working closely with Mater's midwives and clinicians. This means most of your maternity care will be provided by the health professional you already know and trust.

You will meet a Mater midwife at key milestones during your pregnancy (usually twice). Please bring any blood test results or ultrasound reports to these appointments.

If you are still pregnant after your due date, you will have an additional appointment with a Mater midwife. You may also see an obstetrician if needed. All other routine check-ups will be with your GP.

Your GP and Mater Mothers will communicate closely during your pregnancy, and your GP is able to consult with Mater obstetricians at any time.

## Midwifery Group Practice

Mater's Midwifery Group Practice (MGP) is a midwifery-led service that provides continuity of care throughout pregnancy, labour and birth, and into the early weeks after your baby is born.

To be considered for MGP, ensure you have selected it as the preferred option in your referral paperwork – allocation will always be on the basis of availability and any existing medical conditions.

MGP differs from public and private hospital care, or GP Shared Care, in the following ways:

- You will see the same midwife throughout your pregnancy. They will provide your care during pregnancy, labour and birth, and continue to support you for four to six weeks after your baby is born.
- You will also meet and be supported by other midwives who work alongside your primary midwife within a small MGP team.
- Antenatal group appointments and education with other pregnant women are help in a community setting (rather than the hospital).
- If you and your baby are both well, you will be supported to discharge from hospital four to six hours after you give birth, with follow up home visits and support for six weeks.
- Phone support and advice 24 hours a day, seven days a week from your primary midwife/team.

## Obstetric and Midwifery Care

This model of care involves regular appointments with either a midwife or obstetrician during your pregnancy to provide specialised care, education, advice and support.

Mater Mothers' expert obstetric clinicians offer a full spectrum of specialist care including pre-pregnancy planning as well as management of diabetes, hypertension and any other complex medical conditions during pregnancy.





# Before you arrive

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

## Photography and videography

Giving birth is a special milestone for families – and we understand you want to capture these moments.

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 two support people 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.

# 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, midwife or GP. For urgent or emergency care, Mater Mothers also offers the following services:

## Pregnancy Assessment Centre (PAC)

Available 24 hours a day, seven days a week, the Mater Mothers' Springfield PAC can be found on level five of our facility and provides assessment and care for women experiencing issues and complications during pregnancy.

Please note, we are unable to provide clinical assessment over the phone.

If you experience or notice any of the following symptoms, we recommend you attend PAC, or discuss the situation with your midwife or GP:

- your baby's pattern, strength, or amount of movement is less than usual
- vaginal bleeding or spotting
- your waters break
- 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.

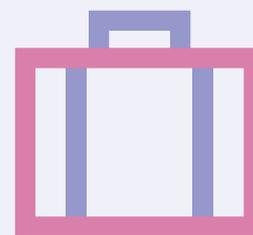
## Emotional and mental wellbeing during pregnancy

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.

## 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 preferences for mum
- Driver's license 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

- 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' Springfield 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 discreetly 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 GP or obstetrician to ensure that you and your baby receive exceptional care.

## Having 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.

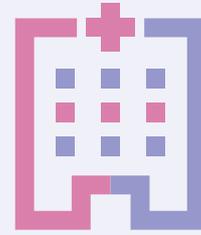
## Supporting breastfeeding with skin-to-skin contact

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



## Drop off, pick up and parking

Mater Hospital Springfield has a drop off and pick up bay directly in front of the entry foyer.

A 24/7 visitor and patient car park is accessible to the right of the drop off zone.

If parking on the street or in other nearby car parks, please take note of Council or third party signage to avoid parking penalties.

## By bus

Mater Hospital Springfield is situated in close proximity to a bus stop. Timetables for services can be found at [mater.li/TranslinkHealthCareDrive](https://mater.li/TranslinkHealthCareDrive)

## Admissions

For admission to Mater Mothers' Springfield at any time of day or night, please present to the main reception on level two of the hospital. Our reception is open 24 hours a day, seven days a week.

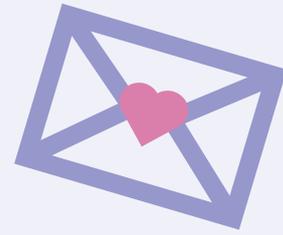
If you are able to walk, our administration team will direct you to the birth suites on level five. If you require support, a member of our team will provide assistance.

## By taxi or rideshare

Taxis and rideshare services provide door-to-door service. 13CABS can be booked online or by phoning **132 227**. If you require a wheelchair taxi, please request this on booking.



# Your local contacts



## Mater Hospital Springfield reception

Contactable 24 hours a day, 365 days a year.

 **07 3098 3900**

## 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 to:

 **[mater.li/feedback](https://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 2666**

 **[privacyoffice@mater.org.au](mailto:privacyoffice@mater.org.au)**

## Consumer engagement

Join our Consumer Advisory Group to help us continuously improve our services and facilities. Find out more by emailing:

 **[springfield@mater.org.au](mailto:springfield@mater.org.au)**

## Patient and Carer Escalation (PACE)\*

We value your safety above all else. Your healthcare team can address any concerns or worries you may have about your care and immediate safety, however, patients, families and carers have a right to further escalate concerns. If there are serious or immediate concerns about your health, please follow the steps outlined below:

- **Step 1:**  
Speak to your nurse or doctor, who will listen and respond to your concerns. If you are dissatisfied with the response and are still concerned, move to step 2.
- **Step 2:**  
Ask to speak to the nursing team leader or Nurse Unit Manager. If you are dissatisfied with the response, and are still concerned, move to step 3.
- **Step 3:** Activate a PACE  
**Dial 555** from your bedside phone or call **07 3163 8555**.  
Tell the operator "I am using PACE" and provide your name, ward, bed number and doctors name, if known. A senior member of staff will see you as quickly as possible.

\* PACE is the equivalent to Ryan's Rule as used by Queensland Health.



# Our facilities and services

## Visiting hours

Family and friends are welcome to visit from **10am to 1.30pm** and **3.30pm to 8pm**.



All wards have a patient rest period from **1.30pm to 3.30pm**, 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.

## In-room amenities

Each inpatient room features an ensuite, bedside entertainment and meals for all mothers. You also have access to complimentary WiFi and each room is fitted with a bedside telephone with local calls free of charge. We ask that you do not use mobile phones in corridors as this may disturb other women and babies.

## Patient entertainment and information

You can enjoy a range of entertainment options and access important patient information with MyMaterBedside. This personalised touchscreen device provides you with access to TV, radio, relaxation music, games, streaming services and social media, as well as educational information about caring for you and your baby after birth. If you have trouble using this entertainment system, please discuss this with your care team.

## Café

Our on-site café offers hot and cold drinks as well as snacks, meals, and an assortment of small gifts and keepsakes. The café is open from 6.30am to 5pm on weekdays, 8am to 4pm on Saturdays and 8am to 1pm on Sundays.

## Volunteers

Volunteers are a valued and important part of our Mater family, providing additional support for our patients, visitors and staff. For our maternity patients, our volunteers offer hand and foot massages, child minding, and baby footprint keepsakes. Ask your midwife how to access these services



## Sacred spaces and pastoral care

A Chapel and Multifaith Room and an Aboriginal and Torres Strait Islander Lounge are both located on level two of Mater Hospital Springfield, adjacent to the main reception area.

Mater's Pastoral Care team is also on site during business hours. The team provides holistic support, encompassing your physical, emotional, social and spiritual wellbeing. You may request a visit by asking a member of your healthcare team.



## Aboriginal and Torres Strait Islander Liaisons

We provide culturally safe support, advocacy and guidance for First Nations patients to support people in making informed health decisions. The team is available Monday to Friday from 8am – 4pm on **07 3098 9240**.



## Fourth Trimester Essentials

Offered quarterly at Mater Health Hub, Springfield, this six-week mothers group is designed to help you navigate your new life with your baby – everything from breastfeeding, sleep, development and play ideas, to postpartum recovery, maternal nutrition and mental wellbeing. Each week, Mater's clinicians will explore a new topic, delivering the latest research and evidence-based advice in a relaxed, interactive environment. You'll have the opportunity to ask all your burning questions, get tailored advice and support, and of course connect with other local mums and babies. For pricing and further information, visit [mater.li/MHHS-FourthTrimesterEssentials](https://mater.li/MHHS-FourthTrimesterEssentials)



# After your baby is born

## Paediatric assessment

For a majority of births, a paediatrician is not required to attend. Your care team may request that a paediatric doctor be present when your baby is born if there are concerns.

During your stay in hospital a midwife or paediatric doctor 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 with your GP 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

The midwives and nurses caring for you will explain what to expect after the arrival of your baby. You will be provided with education and support as you prepare to go home.

## Rooming-in

While our staff will work closely with you to help you feel confident and comfortable caring for your baby, you may also choose to stay overnight with your newborn just before going home. This time together can help you practice feeding, settling, and responding to your baby's cues in a supportive environment, making the transition home feel smoother and more familiar.

# Babies who need additional care

## Neonatal Critical Care Unit (NCCU)

If your baby is born prematurely, is sick, or requires close observation, they will be admitted to Mater Hospital Springfield's Neonatal Critical Care Unit (NCCU). Our multidisciplinary care team will provide around-the-clock specialised medical and nursing care.

Any treatment your baby requires at our Neonatal Critical Care Unit will be explained to you, and you will be encouraged to participate in your baby's care, wherever possible, to establish and strengthen your bond with them.

If your baby's needs are higher than what our NCCU can safely support, they will be transferred to a higher-level facility providing specialised pre-term medical, cardiac and surgical neonatal care.

## NCCU visiting guidelines

If your baby is admitted for additional, specialised care, there are different visiting guidelines:

- parents and siblings are welcome to visit their baby any time
- other visitors must attend with a parent
- there are only two visitors allowed at a time.



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' Springfield 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 to bond with your baby, lessen the effects of chronic illnesses, and facilitates 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](http://rednose.org.au)



For support at any time, phone Mater's Parenting Support Centre on **07 3163 2299** 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 the importance of genuine social support.

## Catherine's House for Mothers, Babies and Families

Catherine's House for Mothers, Babies and Families is Queensland's first integrated perinatal mental health centre. It has been co-designed by parents with lived experience and a multidisciplinary team of health professionals to deliver specialised care to parents experiencing depression, anxiety and other mental health challenges in the first year of their baby's arrival. Located at Mater's South Brisbane campus, Catherine's House has been built with community donations to Mater Foundation and is a dedicated space for healing, recovery and connection. The service allows mothers to stay with their baby while accessing the support they need, with a range of day programs on offer.

For more information about Catherine's House, please visit [mater.org.au/catherines-house](https://mater.org.au/catherines-house) or phone **07 3163 2299**.

## Parenting Support Centre

Mater Mothers' Parenting Support Centre offers early parenting support and guidance to mothers and babies up to six months after birth. This support service is available to all families and individuals with a current Medicare card whose baby was born at one of Mater Mothers' hospitals across Queensland. There is no out of pocket expenses to you for accessing the service. Phone the Parenting Support Centre at any time on **07 3163 2299**.

## 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](https://stillbirthcre.org.au/parents/safer-baby)

# Mater Mothers' *First Aid for Babies*

**Proudly brought  
to you by Mater  
Education.**

Mater Mothers', in collaboration with Mater Education, offers a first aid course specifically for parents with babies.

The 2.5-hour course has been developed to equip parents with the knowledge, skills and confidence to care for your baby should you face an emergency. You will learn to identify, respond to and manage common infant injuries and emergencies immediately, and when to go to hospital.

**The hands-on session includes information on:**

- resuscitation (CPR) for infants and young children
- choking
- poisoning
- burns
- bleeding
- fractures
- allergic reactions
- respiratory illnesses.

Sessions are held regularly at Mater Health Hub, Springfield or at Mater's South Brisbane campuses.



**Scan here for  
more information  
and to book.**

# Mater Foundation

As a for-purpose hospital and healthcare provider, Mater relies on support to help address the unmet healthcare needs of the community.

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](https://materfoundation.org.au)**



# Our Catholic identity

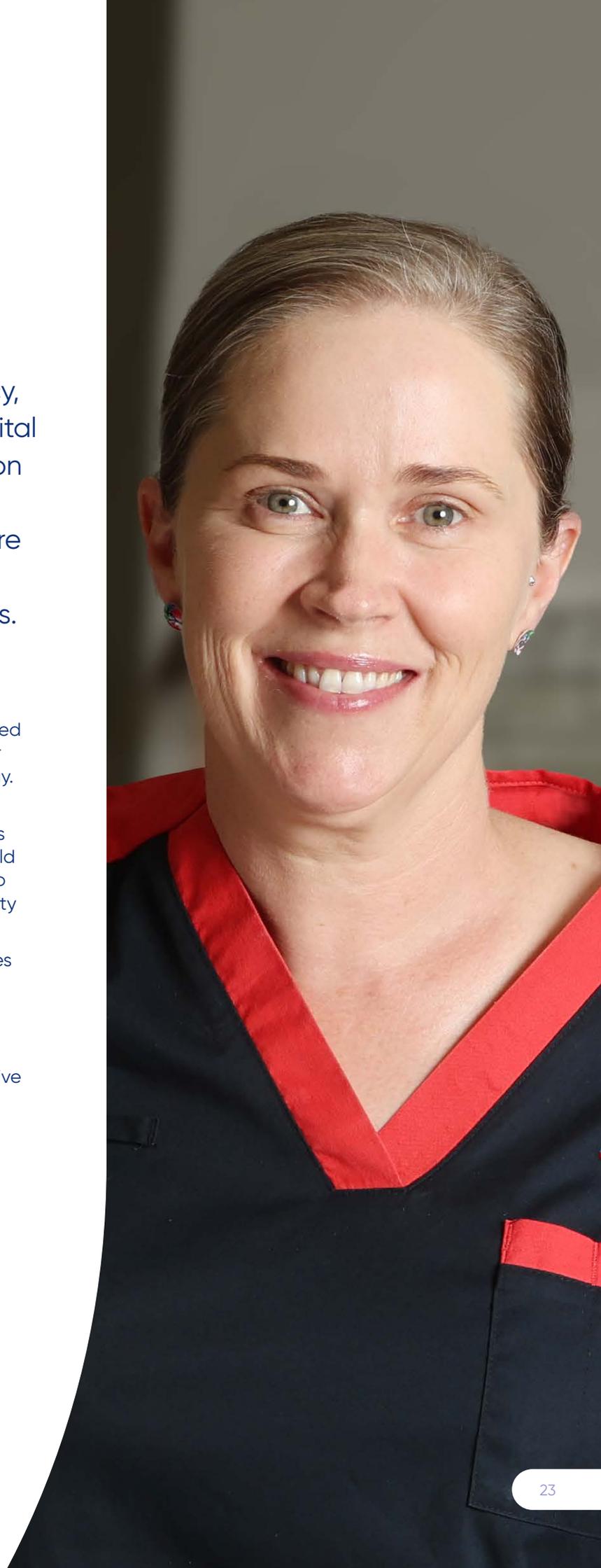
Mater's story is deeply rooted in the legacy of the Sisters of Mercy, who opened the first Mater hospital in Queensland in 1906. Their vision was bold and compassionate: to ensure high-quality healthcare is accessible to everyone, regardless of their circumstances.

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

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

## Values

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

We act with compassion and integrity

We strive for excellence.

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### Mater Mothers' Springfield

 30 Health Care Drive,  
Springfield Central QLD 4300

 07 3098 3900

 [matermothers.org.au](https://matermothers.org.au)

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### Connect with us

@matermothers  

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

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