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## Questions for the hospital

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### Questions to ask medical professionals

- What survival rates does your hospital achieve?
- How many CDH cases does your hospital deal with each year?
- Who are the doctors and medical staff who will be taking care of my baby?
- How does the hospital provide regular information and updates to the baby's parents?
- How will my baby be transferred to your hospital (if different to the hospital where you are giving birth)?
- Can I take a tour around the NICU unit (both hospitals if the baby is going to be transferred)?
- What kind of support is there at the hospital?
- What does your hospital do to allow parents to help care for their baby while in NICU?
- Does your hospital have a lactation consultant and equipment for expressing milk?
- Can I store expressed breast milk at the hospital? If so, how much?
- Does your hospital offer anything specific for breastfeeding mums?
- Does the hospital or an association provide long-stay accommodation for me (and my partner/family)?
- What are your visitor policies?
- Will I have access to a social worker, if needed, through your hospital?

### Advice from parents

- Find out what support the hospital your baby will be in offers to families — some hospitals offer accommodation, social workers, others offer free meals for breastfeeding mums. It's great to know about these in advance.
- If you are planning to try breastfeeding or expressing milk, see if the hospital has a lactation consultant and equipment. I had a wonderful consultant who helped show me how to best express milk given my body and milk supply — she wrote out a pumping schedule, showed me how to use the hospital pump and my own pump, and we met up every two or three days to touch base. It was SO helpful.
- Our baby's hospital had a consultant who met with us and explained how we could help care for our baby while in NICU. This included things like diaper changes, putting expressed milk on his mouth, and changing bed sheets. It was a great way to connect with our baby and feel useful.