MATERNITY
USEFUL INFORMATION
WELCOME

In the Maternity Department, everything is designed to allow the parents to experience the birth of their child in a relaxed atmosphere. The expectant mother can give birth in a secure environment, surrounded by a highly experienced, multidisciplinary medical team using the latest medical technology.

Midwives, nurses, childcare specialists, paediatricians, anaesthesiologists, ancillary nursing staff provide a 24 hours a day service. Over 40 specialists are on duty to assist mother and child, in a highly skilled, multi disciplined team. They cooperate closely with the gynaecology & obstetrics department, providing ongoing, highly professional care for the patients throughout their stay at the hospital.

The maternity service, completely renovated in 2008, has four attractively furnished birthing rooms, of which two have baths specially designed to help relay the mother during labour. We have a range of semi and private rooms and 2 suites. A wireless monitoring system allows greater freedom of movement, in perfect safety. The birthing technique advocated by Bernadette de Gasquet, often proves popular. Additionally, an anaesthesiologist is available to administer an epidural anaesthesia if needed or desired.

CERTIFICATION

Since 1998, Hôpital de La Tour has obtained «WHO» certification for its breastfeeding policy and promotion of «rooming-out», considered an important step in strengthening the bond between mother and child.
DURING YOUR STAY

YOU NEED TO BRING ALONG

For the mother

- dressing gown
- 1 pair of slippers
- 3 pairs of casual clothes for breastfeeding
- 2 breastfeeding bras
- 1 toilet kit

For the newborn, when going home

- 1 body
- 1 pyjama
- 1 baby sonnet
- clothes adapted to season
- (bodies and pyjamas are provided during the stay)

DOCUMENTS REQUIRED

- 1 blood type group card
- pregnancy notebook and/or the medical report
THEORETICAL AND PRATICAL INFANT CARE COURSES

TRAINING TOPICS ARE:

- **TOPIC 1:**
  Child care material, changing, bath and other care, back home, first trip outside and infant surveillance.

- **TOPIC 2:**
  Sleep considerations for a newborn.

- **TOPIC 3:**
  Nutrition from birth to 1 year, breastfeeding, weaning, bottle preparation, food diversification.

- **TOPIC 4:**
  Development of a young infant, domestic safety and «what to do if...»

INFORMATION AND REGISTRATION:

These courses are part of our outpatient services and open to all future mothers, spouses are also welcomed. Please see with your insurance if you are fully covered.

- **SCHEDULE:** The courses take place on Tuesdays or Thursdays from 19h30 to 21h30.

- **ADDRESS:** At the Maternity dept. (3rd floor) of Hôpital de La Tour.

- **COSTS:** We offer 4 sessions, length of each session is 2 hours. Total amount is CHF 220.- (CHF 55.- per session)

- **CONTACT:** To register, please contact us at the following phone number: **022 719 66 39.** An answering machine is available to enable you to leave your address and phone number, in order to contact you ASAP.
PRENATAL COURSES

COURSE TOPICS ARE:

Evolution of the pregnancy, comfort and posture during pregnancy and labour, visit of our maternity unit, progression of the delivery, relaxation & respiration exercises, newborn care, hygiene, breastfeeding, preparations to go home.

We advise you to wear very comfortable clothes.

INFORMATION AND REGISTRATION:

This course is part of our outpatient services and open to all future mothers, spouses are also welcomed. Please see with your insurance if you are fully covered.

- **SCHEDULE:** In French, the courses take place on Mondays or Wednesdays from 19h30 to 21h30 and Tuesday from 19h00 to 21h00.
  In English, the courses take place on Thursdays from 19h30 to 21h30.

- **ADDRESS:** At the Physiotherapy dept. (lower main-floor) of Hôpital de La Tour.

- **COSTS:** We offer 6 sessions in French for total amount is CHF 360.- and 5 sessions in English for a total amount of CHF 300.- (CHF 60.- per session)

- **CONTACT:** To register, please contact us at the phone number: **022 719 66 39**.
PRENATAL WATER EXERCISES

WE OFFER:

Warm up exercises, breathing and relaxation exercises, strenghtening moves.
These courses are given by midwives and reserved for future mothers only. We kindly ask you to bring non-slip sandals as well as a padlock for the locker. Towels are available at the Wellness Centre. Should you be unable to attend a course, you will not be charged if a medical certificate is provided.

INFORMATION AND REGISTRATION:

These courses are part of our outpatient services and open to all future mothers. Please see with your insurance if you are fully covered.

- **SCHEDULE:** 3 sessions on Tuesdays from 14h15 to 15h15, or from 15h20 to 16h20, or from 16h30 to 17h30.
- **ADRESS:** Starling Geneva Hotel at the Wellness Centre, parking available. www.shgeneva.ch.
- **COSTS:** We offer 6 sessions for total amount of CHF 198.- (CHF 33.- per session)
- **CONTACT:** To register, please contact us at the phone number: 022 719 66 39.
**BREASTFEEDING CONSULTATION**

Open to all mothers, our certified lactation consultants (nurses and midwives) will assist you in your breastfeeding project. Consultation includes physical examination of the mother’s breasts, the baby’s sucking technique and an observation of a breastfeeding session. Education on milk collection and storage, correct latch-on, correct positioning, hand expression, suck training, and alternate feeding techniques as needed. It may include use of equipment to aid lactation.

**The Baby-Friendly Hospital Initiative (BHFI),** launched in 1992, is an effort by UNICEF and the World Health Organization to ensure that all maternities, clinics and hospitals included, become centres of breastfeeding support. Since 1998, Hôpital de La Tour has had WHO certification for its breast-feeding policy and promotion of «rooming-in», which is an important step in strengthening the bond between mother and child. A maternity facility can be designated «baby-friendly» when it does not accept free or low-cost breastmilk substitutes, feeding bottles or teats, and has implemented 10 specific steps to support successful breastfeeding.

**The process is currently controlled by national breastfeeding authorities,** using Global Criteria that can be applied to maternity care in every country. Implementation guides for the BFHI have been developed by UNICEF and WHO.

**INFORMATION AND REGISTRATION:**

The consultations are part of our outpatient services and open to all parents. Please see with your insurance if you are fully covered.

- **SCHEDULE:** The courses take place on Mondays and Thursdays on appointment or in case of a emergency from 07h00 to 15h30.
- **ADDRESS:** At the Maternity dept. (3rd floor) of Hôpital de La Tour.
- **COSTS:** Depending on the length of the consultation.
- **CONTACT:** To register, please contact us at the phone number: **022 719 66 39**.
BABY MASSAGE COURSES

Discover this privileged relation through the contact massage during the building of the child-parent bond.

This initiation course is given by midwives and paediatric nurses specially trained in this technique.

We offer 4 sessions for couples.

INFORMATION AND REGISTRATION:

These courses are part of our outpatient services and open to all parents.

- **SCHEDULE:** The course take place on Tuesdays and Thursdays on appointment.

- **ADDRESS:** At the Maternity dept. (3rd floor) of Hôpital de La Tour.

- **COSTS:** We offer 4 sessions for total amount of CHF 200.- for mothers who have given birth at Hôpital de La Tour, we offer 4 sessions for total amount of CHF 240.- for all other mothers.

- **CONTACT:** To register, please contact us at the following phone number: 022 719 66 39. An answering machine is available to enable you to leave your address and phone number, in order to contact you ASAP.
BABY CARRYING LESSONS USING A SCARF

«SHARED SAFETY AND WELL-BEING...»
There are several ways to tie up the scarf, depending on your baby’s age.

You will learn to carry your baby in different positions:

- front side
- behind,
- variations.

The lessons take 2h30 to 3h preferably with your baby. You will also train with a doll and have the possibility to buy a scarf.

INFORMATION AND REGISTRATION:

These courses are part of our outpatient services and open to all future mothers. Please see with your insurance if you are fully covered.

- **SCHEDULE:** The dates and times may vary from one workshop to another.
- **ADDRESS:** At the Maternity dept. (3rd floor) of Hôpital de La Tour.
- **COSTS:** 1 session costs CHF 80.-
- **CONTACT:** To register, please contact us at the following phone number: **022 719 66 39**. An answering machine is available to enable you to leave your address and phone number, in order to contact you ASAP.
REGISTER A BIRTH

REQUIRED DOCUMENTS FOR MARRIED PARENTS:

NATIVE OF GENEVA

- Family certificate (delivered by the municipality where the marriage has taken place or the commune of origin) or family record book.
- Valid ID for the mother and the father (passport or identity card).
- Residence certificate* established upon both parent’s names (if the domicile is outside the Canton of Geneva).

SWISS CITIZENS

- Family record book or complete marriage certificate with mentioning the place of birth for both husband and wife together with the name and first name of their parents. The information may be completed by the birth certificates.
- Valid ID for the mother and father (passport or identity card).
- Residency permit or residence certificate* established upon both parents name (if resident card or domicile outside Canton of Geneva*).

FOREIGNERS

- Family record book or complete marriage certificate with mentioning the place of birth for both husband and wife together with the name and first name of their parents. The information may be completed by the birth certificates.
- Valid ID for the mother and father (passport or identity card).
- Residency permit or residence certificate* established upon both parents name (if resident card or domicile outside Canton of Geneva*).

REMARKS:

* For persons domiciled in France, a residence declaration will directly be signed by the office of birth registration at Hôpital de La Tour.
REQUIRED DOCUMENTS FOR UNMARRIED MOTHER:

NATIVE OF GENEVA OR SWISS CITIZEN

- Valid ID (passport or identity card).
- Residence certificate* (if living outside of the Canton of Geneva**).

FOREIGNERS

- Complete birth certificate* with filiation - parents name and first name.
- Certificate showing the current civil status (delivered by the Embassy/Consulate if the domicile is in Switzerland or by the country of origin if the domicile is abroad).
- Resident permit or residence certificate* (if living outside of the Canton of Geneva**).
- Valid ID (passport or identity card).
- Parental recognition: If the father of the child has made a declaration of parental recognition, thank you to provide us with a copy.

REMARKS:

* The document’s date should be less than 6 months old (France = 3 months)
** For persons domiciled in France, a residence declaration will directly be signed by the office of birth registration at Hôpital de La Tour.

All required documents must be originals. Documents established in a foreign language have to be translated by an official translator. After having examined the foreign documents, the Registry Office may require a legalization procedure by the concerned authorities.

The name card for your child - provided by Hôpital de La Tour - has to be signed by the child’s mother and father. The child’s first name(s) has/have imperatively to be written in lower case letters.

In order to make the administrative steps easier, we would like to advise you to contact - prior to the child’s birth - our office of birth registration at Hôpital de La Tour at the following phone number: 022 719 60 04 (mornings until 13h30)

There will be an administration fee, not covered by your insurance, for the registration of your child.
Access to Hôpital de La Tour:
Geneva Public Transport: Tram: 18 | Bus: 57, Y
Parking available