

# the suite set. VISITING WITH NEW BABY

Your precious baby will be here soon. Your baby's well being and your wishes as a family need to come before anything or anyone else.

Many family members and friends will be excited to share in your joy and happiness. This is one of the loveliest things about parenthood, however it is important to be able to set your expectations around things like visiting and contact with baby.

We know it can be hard to have sensitive conversations, we don't want to dampen anyone's enthusiasm but we want to put baby first. This script may be helpful to share with family and friends via email or social media about three weeks before baby is due to arrive.

Our sweet baby is almost here and we are excited to share our joy with you.

We know we have a lot to learn in a short time when we are in hospital. We want to make the most of the hospital staff on hand and also want to spend as much time as we can getting to know each other as a family.

This is why we've decided not to have visitors in hospital. We know you'll understand why this is important to us.

or

This is why we've decided just to have our immediate family visit us in hospital. We look forward to catching up with everyone else when we've settled in at home.

or

To make sure we are visitor ready, we please ask you check in with us to make sure the timing is ok. Text is probably the best way to arrange this in case any of us are sleeping.

If you want to visit with baby in the first few weeks, we ask that you please have your whooping cough\* booster. If you are unable to or prefer not to, let's save your visit and cuddles until baby has had the first vaccines after six weeks. We are assured that the time flies and you'll be meeting baby before you know it.

\* Pertussis, commonly known as 'whooping cough', is a disease of the respiratory tract caused by the bacterium *Bordetella pertussis*. It is highly infectious in unvaccinated people. In Australia, pertussis epidemics usually occur every 3-4 years (information from the Australian Government Australian Immunisation Handbook)

