

When Parents are Discharged From Hospital

After giving birth, you may be ready to go home even if your baby needs to stay in the hospital. Being discharged without your baby can feel overwhelming and is often one of the most difficult parts of recovery.

Neonatal Intensive Care Unit (NICU) staff encourage parents to continue spending time with their baby after discharge. This includes bonding, learning how to care for your baby, and asking questions about your baby's care.

Deciding Where You Will Stay

If your baby remains in the hospital after you are discharged, you will need to decide whether to stay near the hospital or travel back and forth from your home. This decision may depend on where you live, your family situation, and the support available to you.

Ask yourself these questions:

- Am I breastfeeding my baby? How often will I need to breastfeed?
- Do I have family or friends in the city that I would be comfortable staying with?
- Do I need to be home for my other children?
- Should I go home and travel back and forth to visit my baby?
- Do I have enough clothes and supplies to stay in town after I am discharged from the hospital?
- Do I need financial assistance to help pay for accommodations, food, and travel expenses?
- What expenses can I expect to have while my baby is in the hospital?

Who Can Help

- Social workers are available on the Mother Baby Unit and in the NICU 7 days a week from 8:00 a.m. to 4:30 p.m.
- A social worker can offer you and your family support. They may be able to help you find nearby accommodations and may be able to offer information regarding food and travel expenses.
- Speak to your doctor or nurse if you require social work assistance, or you may contact them directly:

NICU Social Worker	Mother Baby Social Worker	First Nation Metis Health Services
306-766-0601	306-766-6178	306-766-4712



Freepik. (n.d.). Mother [icon]. Flaticon. https://www.flaticon.com/free-icon/mother_3790730

What options are there for local accommodations?

Rawlco Centre Hostel:

Located on the second floor of Regina General Hospital, the Rawlco Centre Hostel offers private rooms and shared amenities, including showers, a kitchen, and a common area. Accommodations are based on priority. Space is limited to 2 people. Speak to your healthcare staff for details.



Rawlco Centre Hostel. Saskatchewan Health Authority

Days Inn:

If the hostel is full or your family needs more space, we may be able to arrange a hotel room at the Days Inn at a reduced cost (about \$50 per night). Ronald McDonald House helps cover part of this cost. Please tell your nurse or social worker if you need this accommodation.



Freepik. (n.d.). Hotel [Icon]. Flaticon.
https://www.flaticon.com/free-icon/hotel_8209385

Other Hotels:

Some hotels in Regina offer hospital rates. A list of Regina accommodations is available upon request. Please speak with your health care staff or social worker.

Ronald McDonald House

The Regina Ronald McDonald House is currently under construction and is scheduled to be open in early 2027.

Neonatal Intensive Care Unit (NICU)
(306) 766-6161

Special Care Nursery (SCN)
(306) 766-6657

Regina General Hospital
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Regina, Saskatchewan

