

Dear Baby Programme



WELWITSCHIA
HOSPITAL

Your Trusted Care

Giving birth is an emotional and life-changing experience.

At Welwitschia Hospital, expectant mothers are invited to join our Dear Baby Programme, thereby ensuring a happy and healthy journey for both you and your baby.



From pregnancy to delivery and into early childhood development, you and your baby need care and guidance you can trust. The **Dear Baby Programme** at Welwitschia is made up of specialists, doctors, midwives and sisters who are there, every step of the way.

The Pregnancy Months

Expert Obstetrics

We are here to guide you throughout the journey. Our facility is one of the few in the region that has partnered with resident and visiting specialists in the field of obstetrics. If you are interested and would like to find out more before you get started, contact one of the specialists and set up an appointment.

Obstetrician & Gynaecologist

Dr. Clara Jeketera

MBChB (Zimbabwe), FCOG Obstetrics & Gynaecology (Colleges of Medicine)

Obstetrician & Gynaecologist

Dr. John Keiseb

MBChB (Kwazulu Natal), FCOG (SA)



Dedicated Midwife

Every Dear Baby Programme member is assigned a dedicated midwife. He or she will be with you throughout the process and will accompany you on the big day. Your doctor must always be consulted about your and your baby's specific needs. However, day-to-day questions such as birth plans, hospital facilities, what to pack for hospital, and any worries you might have can be chatted through with your dedicated midwife.



Delivery



Your Birthing Plan

In the later stages of pregnancy, before the big day, it's important to decide on a birthing plan. This helps prepare you emotionally and means that you won't have to make the decision at the last minute.

A birth plan contains both the general spirit of your birthing wishes, as well as more specific items relating to your preferences. It should also include a Plan B in the instance that your Plan A is not possible. Making the plan beforehand allows us to look after your baby and yourself according to your values and your choices. We encourage our mothers-to-be to discuss the options and their birth plans with their dedicated midwife and doctor.



Specialist Paediatrician

Dr. Ismael Migambi and Dr. Charmaine van Heerden are our Specialist Paediatricians. A Paediatrician will be there at the start of your baby's life to check that your young one is fully healthy and that there are no problems.



Hospital Facilities



Boutique Maternity Ward

Our newly refurbished Maternity Ward is one of the best in the region. Our experienced and dedicated staff are available 24/7 to ensure mothers and babies receive the care they need to start their new life together, in the best way possible.

Visiting guidelines

- Mothers-to-be may be accompanied by one person when being admitted to our hospital.
- Only two visitors are allowed in the mother's room during any of the times listed below. We request that all visitors adhere to the rule: the new mom, dad and baby require rest and bonding time.
- Due to the risk of infections to the newborn, children under the age of 12 are not allowed to visit.

Visiting hours

- Main partner/father of the baby (all day until 21h00)
- Baby's brothers, sisters and grandparents (15h00–16h00)
- Other family and friends (19h00–20h00)

Before entering the mother's room and when leaving, always clean your hands with sanitiser provided at the room entrance. The baby's brothers and sisters are to be accompanied by an adult during the visiting hour.



Neonatal ICU

If your baby needs to be placed under special observation, our experienced staff in the Neonatal ICU will ensure your baby is looked after with the required level of specialist care.





Baby's Development & Health

Well-Baby and Mother Clinic & Immunisation Clinic

Our clinic offers new parents advice on all aspects of baby care. The sister will gladly answer your questions and assist with any concerns you may have relating to your baby's or your own health and your baby's development.

Immunisation card

An immunisation card will be issued to your baby at the time of delivery. His or her first vitals will be recorded there. This card is to be kept with you to keep track of baby's growth trajectory, as well as clinic appointments, and future immunisations.

The clinic sister is available to assist you during the following hours:

Monday	08h00 – 12h30	14h00 – 16h30
Tuesday	08h00 – 12h30	
Wednesday	08h00 – 12h30	14h00 – 16h30
Thursday	08h00 – 12h30	
Friday	07h30 – 12h30	

(Pap smears only by appointment)

Their guidance extends beyond baby to mother and includes family planning information and advice; pap smears which take place on appointment Friday mornings; emotional support; and breast self-examination demonstrations. The sister will further liaise with your family doctor regarding the wellbeing of your baby and yourself. We claim directly from all Namibian medical aids, although co-payments may be required by your medical aid. Private patients are welcome.





Early Childhood Development

The first years of your baby's life are the most important. Early Childhood Development (ECD) is the holistic science that takes the view that your baby learns and develops both physically and psychologically from the time of pregnancy. These learnings and developments shape your baby's personality, their physicality and will positively affect their whole life. Thus nutrition, stimulation and health care need to combine from early on in pregnancy and run right through childhood. In conjunction with the Rotary Club of Walvis Bay, our mothers are given informative materials about ECD. The club also offers personal attention, aiming to give your child the best start to life.

Contact Information

You're welcome to contact us during any phase of your family's journey. We are here to help.

Welwitschia Hospital Reception

Tel: +264 64 218 911

Ante- & Postnatal Class Bookings

Tel: + 264 218 927 / 944

Specialist Obstetricians & Gynaecologists

Dr. C. M. Jeketera Tel: +264 64 284 130

Dr. J. Keiseb Tel: +264 61 249 663

Ultrasound Bookings

Tel: +264 218 914 or 935

Specialist Paediatricians

Dr. I Migambi Tel: +264 64 218 900

Dr. C van Heerden Tel: +264 64 218 900

Well-Baby & Mother Immunisation Clinic

Tel: +264 218 900

Welwitschia Hospital Address

Dr. Putch Harries Drive, Walvis Bay



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