



**ST VINCENT'S  
PRIVATE HOSPITAL**  
EAST MELBOURNE  
A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

# Kids Ward

159 Grey Street East Melbourne Vic 3002

## Thank you for choosing St Vincent's Private Kids!

We have 22 paediatric hospital beds. We specialise in orthopaedics (bones, joints and soft tissue), ear, nose and throat surgery, urology, plastics and general surgery for infants, children and adolescents.

At St Vincent's Private Hospital, our paediatric staff are knowledgeable, experienced and happy to talk to you about your child's hospital journey.

We strive to make your stay as pleasant and comfortable as possible, and we value your input.

Please let us know your preferences and needs about your child's care, including any cultural considerations, and what matters to you.

No-one knows your child better than you, so we look forward to working together to ensure your child has a positive hospital experience.

Carrie Thomas (Nurse Unit Manager) and the Kids Ward Team.



## Preparing your child for Hospital

We know that a hospital visit can be a stressful time for all families, and we encourage you to ask as many questions as you need to.

It is important to speak to your child about what is going to happen in hospital. By preparing your child for their visit you can help make it a better experience for them and your family. It's best to tell them the truth about why they're coming to hospital.

Telling your child a few days prior to their admission gives them time to ask questions and to increase their understanding of what's going to happen.

If you have a young child or infant, use simple language that doesn't make them fearful. Remind your child that the nurses are going to look after them and you will be with them through the whole process.

The following videos might be helpful tools to watch with your child to prepare them for surgery.

### [My Visit - St Vincent's Private](#)



### [Rees Bear has an Anaesthetic](#)



## Kids Ward facilities

We have private rooms for patients with select double rooms to cater for siblings having surgery at the same time.

Our team work hard to decorate our ward all year round! Check out our previous themes below!

### [St Vincent's Kids - Youtube](#)



There is a pantry with tea/coffee/ water facilities, microwave and a small fridge/ freezer.



Our **Kids Zone** is a play corridor with toys for all ages. It also has TV, PlayStation, colouring in and ride on cars.

We also have sensory/fidget toys available, if required.

Meals are provided through the Room Service and are included for patients and the overnight parent.

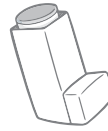
We cater for allergies and all dietary requirements.



# What to bring to Hospital

Children 13 years and over are required to wear a hospital gown for surgery. Younger children wear comfy, loose clothes or pyjamas. Keep this in mind when packing for hospital.

- Any regular medications, including puffers or EpiPens
- A spare change of clothes
- A favourite toy, blanket, teddy or other comfort items
- An activity/book/puzzle/game
- Nappy bag (if required)
- An overnight bag including toiletries (if required)

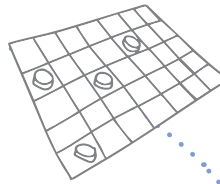


We supply all linen and meals for the patient, and if staying overnight, the carer also.

We do not supply nappies, pull ups, wipes, formula or bottles so please make sure you bring your own.

If your child is a particularly fussy or restrictive eater, bringing some familiar snacks can be helpful for them.

If your child has additional sensory processing needs, consider bringing headphones, fidget toys, or items that help them self-regulate.



## Visiting restrictions

There are currently restrictions around visitors.

We highly recommend visiting the St Vincent's Private website and confirming the current visitor restrictions **prior to admission**. Siblings are included as visitors and are welcome during the visiting hours.

Please refer to the website for the most up to date information.



Covid-19 RAT tests are also required (with photo evidence) on day of admission for your child as well **as the accompanying adults**.

Follow the website link for the most up to date information.

Two parents/carers are permitted to attend hospital and be on the ward with your child.

One parent/carers is welcome to be present in theatre as your child goes to sleep, and to attend recovery.

We also cater for one carer to stay overnight. The resident adult will have a fold-out bed by the child's bedside.

## See you soon!

We look forward to seeing you soon at St Vincent's Private Kids!

If you have any questions regarding your admission time, or fasting time, please contact your surgeon's room.

**For any other enquiries, please feel free to call ward direct on 03 9928 6855**



## How to get here

St Vincent's Private, East Melbourne is located at:

**159 Grey Street  
East Melbourne Vic 3002**

We have a dedicated hospital carpark located at **102 Grey Street**

Please ensure you park in the St Vincent's carpark (not Epworth) and we can provide a discount voucher for this.