



# WNHS Mental Health Service

## Mother and Baby Unit

### Guidelines for partners boarding

Partners may be invited to stay overnight at the Mother and Baby Unit (MBU) to provide support for their partner and their baby.

This is not a routine aspect of MBU care but may be clinically important for some mothers. This involves providing baby care, to give your partner a break, learning new skills and being an active participant in the care of your partner and baby.

We request your support with the following to ensure the privacy and recovery of all mums on the unit.

The MBU is an environment shared by patients and visitors. We request that you respect all patients' personal space and belongings.

Each patient's care is individual. Please respect the privacy of others by not discussing their care.

If you feel uncomfortable with any of the conversations taking place, the best thing to do is remove yourself from the situation and discuss with your partner's nurse.

Please respect the privacy of others by not using your mobile phone in the communal area for photos, conversations or video calls.

As the MBU has a communal kitchen, we kindly ask you to be aware of other mums' needs within the kitchen and give priority to them. We also ask everyone to clean the kitchen immediately after use.

Meals are provided for overnight boarders only.

All partners who are boarding need to fill out a registration form with their name and emergency contact information.

Overnight, it is the responsibility of both parents to care for their baby and nursing staff can support you with this.

If you anticipate having difficulties with responding to your baby overnight, please discuss this with the MBU treating team prior to your stay.

Hourly checks are completed overnight for all patients, including when partners are boarding.



Good sleep hygiene is encouraged for both mums and partners boarding overnight. Quiet time is encouraged after 9pm and mums and partners are encouraged to settle in their room by 10pm.

To ensure patients feel safe and respected while they are in the communal MBU environment, all boarders are to ensure they are fully clothed when out of their partner's room and in pyjamas when sleeping.

We encourage time off the ward as a family, to prepare for discharge and enhance family relationships.

This is a smoke free site and smoking/vaping is not allowed within the grounds of the hospital/unit.

We ask that if you are boarding, either you or your partner remain on the unit to care for your baby.



Please share any concerns or feedback with your partner's nurse. Written feedback may also be provided and can be made anonymously if required using the forms available in reception.



The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



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