



## Parent Information for Overnight Stay with Child.

A parent who wishes to stay with a young child is most welcome at Insight Private Hospital.

To assist you in what to bring and what to expect please see below.

**Hours** – Insight is open from 7am until 7pm Monday to Thursday and Friday 8.00am to 4.30pm

**Building Lock down** – Please note that at 7pm each night the hospital is locked down and you cannot leave until 7am the following morning.

**Car Parking** – Day time parking is restricted to 2 hours where signed, however, you can park in the 2 hour park between 5.30pm and 7am. You must move your car at 7am to another 2 hour park or off the premises. This is a building requirement, which we have no authority to change and is closely monitored by building security.

**Restricted ward areas** – Pre-op and Post-op – We encourage a parent to be with their child in these areas, however, this can only be one parent and no siblings/ children will be allowed in these areas. All family members will be welcome once the child is back in their ward room, please note the visiting hours are 10am – 12MD and 2pm – 7pm.

**Smokers** – If you are a smoker, please note this is a “no smoking building” and that there is no option to leave the building to smoke from 7pm and 7am the following day as the building is securely locked down between these times.

**Parents Meals / Information** – Insight will provide you with a bed and breakfast, please ensure you fill out the menu on arrival. Please note that the kitchen is not available to visitors, however, the kitchen staff will offer you tea and coffee throughout the day. Should you wish to leave for a break and or a meal at any time between 7am and 7pm there are several cafés in close proximity to Insight, including the café on the ground floor which is open until 5.30pm.

**Menu** – The children’s menu is light, we are flexible with the menu for the children. Food is available for children at any time. We do cater for food intolerances.

**Optional items to bring** – Your child might have a favorite toy, pillow, blanket etc and may bring along for comfort. It is also a good idea to bring some books, movies or games that they might like to play. Insight Private Hospital has a DVD player and some “G” rated movies.

If you have any questions please do not hesitate to contact us on 02 6058 0800.