

The Ultimate Guide to Having a Baby in Toronto

Everything you need to know:

A complete guide to pregnancy, birth,
and baby's first year —
made just for Toronto parents.



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Where to Give Birth in Toronto and the GTA:

A Complete Hospital and Birth Centre Comparison (2025)



Choosing where to give birth is one of the biggest decisions you'll make as you prepare for your baby's arrival. Toronto and the Greater Toronto Area (GTA) offer a wide range of excellent hospitals and midwife-led birthing options to fit your preferences and needs. When deciding, here are a few important things to consider:

- Whether you prefer a hospital environment, a midwifery-led birth centre, or a home birth experience
- Which midwifery groups have privileges at your hospital of choice
- The type of birthing suites available (private rooms, tubs for labour, alongside midwifery units)
- Access to services like lactation consultants, NICU care, anesthesiology, or family medicine support
- Whether prenatal classes, hospital tours, or education programs are available to help you prepare

Below, you'll find a detailed comparison chart of GTA hospitals, the Toronto Birth Centre, and home birth options, making it easier to choose the right path for your birthing experience.

What OHIP Pays For (and What You'll Need to Budget for)

✔ What's Included:



Prenatal Visits – Regular check-ups with your OB, family doctor, or midwife.



Tests & Screenings – Medically necessary ultrasounds, blood tests, and other health checks.



Specialized Care – Access to specialists if complications arise.



Labor & Delivery – Coverage for hospital births, home births with a midwife, C-sections, and epidurals.



Postpartum Support – Follow-up care for you & baby, including home visits from midwives.

✘ What's Not Included:



Private Hospital Rooms – Upgrading costs extra.



Extra & 3D Ultrasounds – Only medically necessary ultrasounds are covered.



Prenatal Classes – Childbirth & parenting prep classes aren't covered.



Non-Essential Services – Some optional tests & procedures may be out-of-pocket.



Alternative Care – Services like acupuncture & pelvic floor physiotherapy aren't covered by OHIP.

What You Should Actually Pack in Your Hospital bag

Absolute Must-Haves for Your Hospital Bag

Here's a checklist of essentials to ensure you're prepared and comfortable for your hospital stay:

• For Mom

1. Personal Documents

- ID (driver's license or health card)
- Insurance information
- Hospital registration forms or prenatal records

2. Clothing

- Comfortable, loose-fitting robe or gown
- Nursing bras or tank tops
- Non-slip socks or slippers
- Going-home outfit (maternity-friendly, soft, and stretchy)

3. Toiletries

- Toothbrush, toothpaste, and deodorant
- Lip balm (hospital air can be dry)
- Hair ties or clips
- Basic skincare essentials (cleanser, moisturizer)

The First 30 Days: The Baby Paperwork Playbook



The 5-in-1 Newborn Bundle with Service Ontario: A Simplified Approach to Newborn Paperwork

Welcoming a new baby comes with a lot of paperwork (especially on no sleep—ha!). Luckily, Ontario's 5-in-1 Newborn Bundle makes it easy by combining multiple registrations into one simple online process.

Registering Your Baby in Ontario: The 5-in-1 Newborn Bundle

In Ontario, you must register your baby within 30 days of birth.

What It Covers:

- ✓ **Birth Registration** - Officially records your child's birth in Ontario.
- ✓ **Birth Certificate** - Legal proof of birth needed for many future applications.
- ✓ **Social Insurance Number (SIN)** - Required for government benefits and services.
- ✓ **Canada Child Benefit (CCB)** - Financial assistance to help with child-raising costs.
Education Savings Referral - Helps start saving for education with programs like the Canada Education Savings Grant.

Steps to Finding the Best Daycare



1. Identify Your Needs:

Decide what matters most: location, hours, cost, or specific programs (e.g., play-based or Montessori).

2. Check CWELC Enrollment:

See if the daycare is part of the **Canada-Wide Early Learning and Child Care (CWELCC)** program for reduced fees. Ask the daycare or check the Ontario CWELC website.

3. Verify Licensing and Violations:

Use the Ontario Child Care Finder to ensure the daycare is licensed and review any reported violations or inspection results.




➤ [*Find Child Care \(ON\)*](#)

Join the Toronto Baby Guide Community!

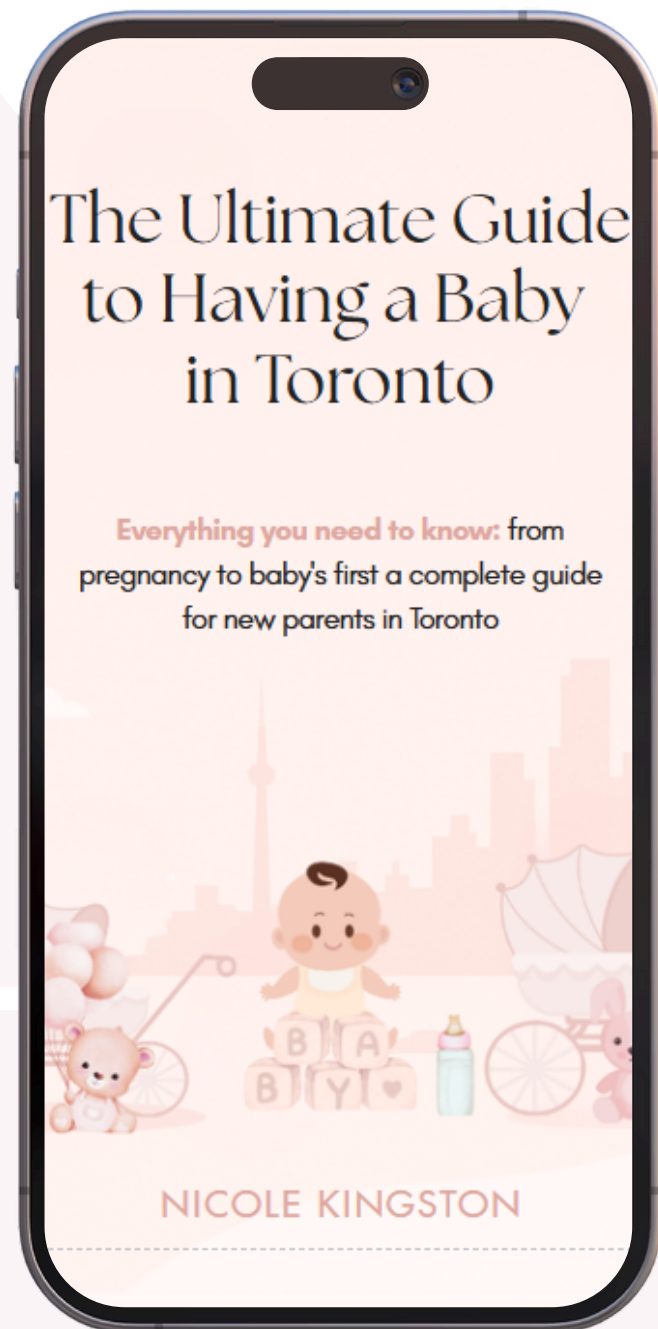
Your journey through pregnancy, postpartum, and early parenthood is just getting started – and we're here to support you every step of the way.

The Toronto Baby Guide Community is your place to find tips, local resources, real parent stories, and encouragement as you navigate life with your little one. We'd love for you to be part of it!

Stay connected with us

-  **Instagram:** @torontobabyguide
-  **Facebook:** Toronto Baby Guide
-  **Email:** hello@torontobabyguide.ca

Follow along for more tips, inspiration, and support as you move through each stage of this incredible journey.



We're so excited to cheer you on and be part of your growing village!