

Bundle of three delivered at Ajax-Pickering hospital

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By [Kristen Calis](#)

AJAX -- Her first pregnancy resulted in one baby. The second brought twins. And the third was the most exciting of all, with triplets setting abuzz the birthing unit at Ajax-Pickering hospital.

Two daughters and a son are the latest additions to the family for Kaydene Bromfield and her husband, Reggie.

At 5:20 a.m. Thursday, June 11, Kalisha entered the world, followed by Kahleo and Keyarra, all three of them one minute apart.

"I'm tired, but it comes along with it," Ms. Bromfield said the next day in an interview from her hospital bed. "I'm good though."

The Pickering resident didn't plan to give birth at Rouge Valley Health System's Ajax and Pickering hospital since triplets aren't normally delivered there, but the three were in such a hurry that she and her husband had no choice.

"(The labour was) probably about three hours," Ms. Bromfield said.

Her first daughter, Yollanda, is 18, and the twin boys, Kayden and Kadelle, are now 11.

"I was in shock," she said of hearing the latest birth would be triplets. But the family is welcoming the additions.

"I'm excited to have two extra sisters and another brother," Yollanda said, adding it'll be hectic -- and they will take up some of the attention -- but she plans to help her mother.

The nurses were ecstatic about the newborns, taking plenty of photos and sharing the good news with the rest of the hospital staff. Helen Careen, resource nurse of maternal newborn services, was stunned to get a call at about 4:55 a.m. to help with the delivery, but she quickly made her way to the hospital.

"When you get a call at that time in the morning, you know it's important," she said, adding in the nine years she's worked at the hospital, she hasn't seen triplets there.



Kristen Calis / Metroland

AJAX -- The excitement in Ajax-Pickering hospital's birthing unit was three-fold last week after Kaydene Bromfield gave birth to triplets. At 5:20 a.m. Thursday, June 11, Kalisha entered the world, followed by Kahleo and Keyarra, all three of them one minute apart. June 15, 2009

The delivery went well, but, as with all deliveries, "when you hear that cry, you let out a sigh of relief."

The triplets were of healthy weights: between four and 5.7 pounds. Triplets are usually around two pounds each, said postpartum nurse Sue Scott.

"Everybody's bonding and coping real well," she said. "The babies are great actually."

Ms. Bromfield never had an idea of how many children she wanted, but admitted Kahleo, Keyarra and Kalisha are probably the last she'll have. As for running the household, on top of her job, she doesn't have any specific plans.

"We'll just take it one day at a time," she said.