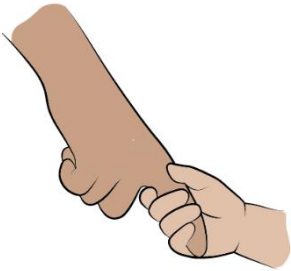


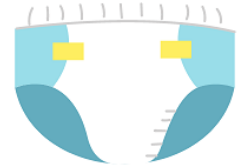
Getting involved in your baby's care



All babies need positive touch. Skin-to-skin, hand hugs and kangaroo care can help your baby to feel calm and comforted, help with bonding and milk supply.

Over time you will understand more about what your baby prefers and learn ways in which you can help them to settle.

Your baby will require eye, mouth, and nappy care. Speak with staff so that these cares can be done when you are on the unit.



Mouth care is done with the milk your baby is receiving or sterile water. Nappy cares are done with water and cotton wool or gauze.



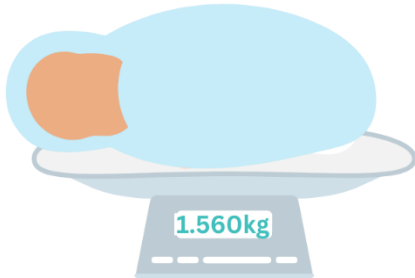
It is important that your baby's temperature is taken 3 to 6 hourly. This is something that you will be supported to do.

Daily ward rounds are carried out to discuss your baby's needs. Neonatal staff on the unit will support you to take part in ward rounds as much as you want to/are able to.

You know your baby best and sharing your thoughts and information can be really helpful to the staff caring for your baby.

If you are unable to be present for any of the ward rounds the staff caring for your baby can update you.





You will be supported and encouraged to weigh and bath your baby. Wrapping your baby for both of these will help them to feel more relaxed and your nurse will support you to do this safely and record the correct weight.

*Please refer to the All Wrapped Up Package for more information.

It is important for your baby to hear voices which are familiar to them. Reading and singing softly to your baby will be calming and is good for brain growth and development.



You might want to bring items in to personalise your baby's space such as family photographs, blankets, muslin clothes, nappies, clothes, and religious items.

Your baby may require monitoring leads which will need to be moved and replaced. This is something that you can be involved in.