

## Preparing for your baby coming home

Although taking your baby home may feel a long way off, it is important that you to feel as prepared as possible for when the day comes.

It is normal to feel overwhelmed and anxious as well as excited about taking your baby home. If you haven't already done so you will be offered the opportunity to stay overnight in the parental accommodation rooms.

The staff on the unit are here to support and guide you through your neonatal journey and answer any questions you may have.

Some questions you may have might include:

- \* What support will I have when I take my baby home?
- \* What will I need at home to care for my baby?
- \* What might I need when going out and about with my baby?
- \* Will there be any follow up appointments?
- \* How to respond to and soothe my baby when they cry?

There are some things that you will need to do in preparation for your baby going home such as:

- Register their birth
- Register your baby with a GP

The nurse caring for your baby will discuss.

- Car seat safety
- Safe sleeping
- Coping when your baby cries
- Introducing you to the community team and follow up appointments (If applicable)
- Medications at home
- Basic Life Support
- Immunisations



Some babies may continue to need oxygen and/or nasogastric tube feeding at home. If this is likely staff will explain how this will be organised and how you and your baby will be supported.