



TOP TIPS

Some parents find it helpful to keep a diary or start a memory box.

Your neonatal unit may provide this.



Some units have coffee mornings or parent groups where you can meet other parents.

Taking time out to have a break, go for a walk or even just get a drink can really help.



Feel free to bring in things from home that will help you feel more comfortable on the unit, such as slippers or a book to read.

Take photos - your baby will change and grow so quickly. Photos are a great record of their journey.

