

All Wrapped Up

Supporting you and your family to
comfort and nurture your baby on the
neonatal unit



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What is 'All Wrapped Up'?

Whilst your baby is on the Neonatal unit, you will be encouraged and supported to be involved in your baby's care as early as possible. The staff on the neonatal unit aim to provide an environment that nurtures and helps you to build a close loving relationship with your baby.

During your baby's time on the neonatal unit, we may need to perform necessary tests and procedures including blood sampling, passing feeding tubes (NGT), hearing and eye tests. There are also other experiences such as bathing and weighing, where extra care may be needed for your premature/poorly baby. The way in which your baby is supported through these experiences can improve their comfort.



This booklet has been designed to introduce you to the different ways you can support your baby before, during and after these experiences. Evidence suggests that positioning and wrapping your baby using a muslin cloth helps to provide boundaries and encourages a flexed position that mimics their position during pregnancy. This booklet will guide you through the use of different wrapping techniques to support your baby through these procedures and experiences.

We would like you as parents/carers to feel supported to understand and build your relationship with your baby, as this is useful for your baby's development and wellbeing, both now and in the future. Staff on the unit are there to help you in building confidence in a way that is right for you and your baby, and you can talk to them to find out more. Where possible, we support and encourage you to be present and involved with your baby's care through these experiences and we will always plan caring for your baby together with you. However, there may be circumstances where this is not possible due to urgent situations. If you cannot be present during a procedure a member of staff will be available to comfort your baby.

Remembering all the details when you are tired can be challenging. You can always ask staff for help and more information at any time.

Ways you can comfort your baby

Although this booklet focuses on wrapping your baby for comfort, below are examples of other ways in which you can provide comfort for your baby before, during and after procedures and experiences. You can speak to the staff for more information.

Comfort holding (hand hugs)

This is when you use warm hands to cup your baby's feet/body or head. You may feel nervous to touch your baby. Start by offering your finger to hold.



Gentle movements and approach

Your baby can be easily overwhelmed by sudden, unpredictable movements. Look for signs your baby is ready and would welcome attention by using your voice to gently prepare them.

If they appear unsettled, pause and give them time to settle. Keeping your baby's arms and legs tucked close to their body (with hands close to their face) can help calm them. This can be achieved using wrapping techniques.

Talking to your baby

Your voice will be familiar to your baby, and they may find it soothing if you talk, hum or sing to them.





Bonding squares/comforting smells

Your baby's sense of smell helps them to recognise who you are. Your baby will find this comforting and it may help them to feel calm. Bonding squares are also useful for this if procedures are carried out in your absence.

Skin-to-skin

This is holding your baby in just a nappy against your bare chest. There are many benefits of this for both you and your baby. The staff on the unit will support you to do this as often and for as long as possible. Some procedures such as blood sampling can be done while your baby is having skin-to-skin.



Non-nutritive sucking

This is when your baby suckles but isn't receiving a milk feed. This can provide comfort and help digestion and give your baby positive taste experiences. Offer your baby a clean finger or a soother. These can be dipped in breast milk or sucrose (Sucrose is a sweet solution that is placed on your baby's tongue). Evidence shows that this is a safe effective way to reduce pain and stress during some procedures.



Breastfeeding

Many procedures can be carried out while your baby is breastfeeding.

Please speak to a member of staff about this.



Pain relief medication can also be given to your baby if needed, in addition to all the other comfort measures outlined within this booklet.

Signs your baby is feeling comfortable

When your baby feels comfortable, they will have a relaxed expression on their face.



If they are awake, they will be quiet and alert and enjoy interacting with you.

They like to curl up with their hands near their face



They enjoy their feet being supported by high boundaries of a nest.

Getting to know your baby's likes and dislikes

As you spend time with your baby, you will get to know what they like and dislike. Every baby is unique, and their personalities will quickly develop. As you learn your baby's preferences, please share them with staff.



Your baby may give you clues as to how they are feeling. Here are a few examples of how your baby may show you that they are trying to self-comfort:

You may see your baby:

- ◇ pushing out their legs to press their feet against a surface
- ◇ tucking up their knees
- ◇ folding their arms
- ◇ bringing their hands to their face /head with their hands wide open
- ◇ clutching or holding on to something with their hands
- ◇ Yawning, hiccupping or turning away



You may also see your baby rooting (turning their head and opening their mouth) or sucking.

Your baby may make attempts to look at you and search for your voice.

Your baby's surroundings on the Neonatal unit

Babies can be sensitive to light, noise and smell. The neonatal unit can be a busy and noisy environment at times. Your baby's surroundings will be adapted to provide and improve your baby's comfort. Your gentle voice, touch and smell are all comforting and familiar for your baby.

Light - Soft lighting and incubator covers and cot canopies can help (see images below). For procedures where brighter light is necessary, your baby's eyes should be shaded. You can use your hands to shade your baby's eyes.

Noise - Speaking softly and reducing background noise during procedures, can help.



You can use your hands to cover your baby's ears.



Smells - Perfumes and strong fragrances should be avoided. You can reduce strong smells, such as hand gel, by making sure your hands are completely dry following application.

Privacy – You and your baby will always be cared for with dignity and respect. Screens can be provided to ensure privacy if you wish.

Incubator Covers and Cot Canopies



Positioning and Nests

Premature babies usually feel more secure if they have boundaries & nests placed around them, as they are used to an enclosed womb.

Your baby's positioning needs will be individual to them. As a parent/carer you can be actively involved in positioning your baby. Please ask your neonatal staff to help you feel confident with any part of this and refer to unit posters on supportive positioning.

Supporting your baby with good positioning and nests can help with the following aspects of development:

- Help them to feel comfortable
- Help their ability to self soothe (being able to grasp their hands together by their face, suck their fingers or hold onto bedding)
- Help their movement development
- Help their sensory development
- Help with protecting sleep
- Help with feeding development
- To support early interaction
- Help with breathing, heart rate and oxygen requirements



Enjoying regular skin to skin with your baby can help with all these aspects of their development.

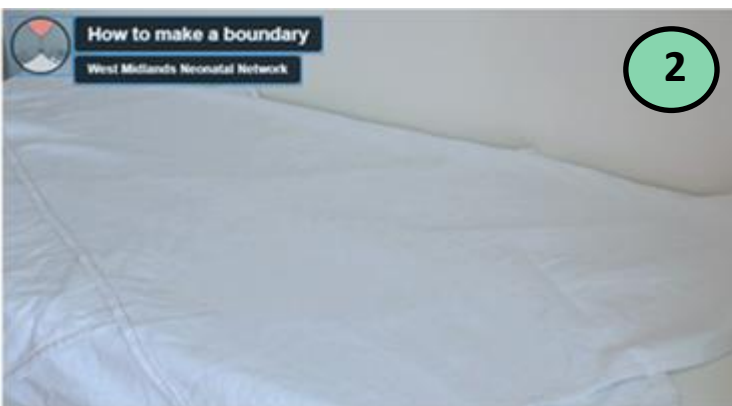
How To Make A Nest- A step-by-step guide

You will need:

- ◆ 2 soft sheets
- ◆ 1 or 2 towels
- ◆ A clean flat surface

Step 1

Fold one sheet to opposite corners and lay flat.

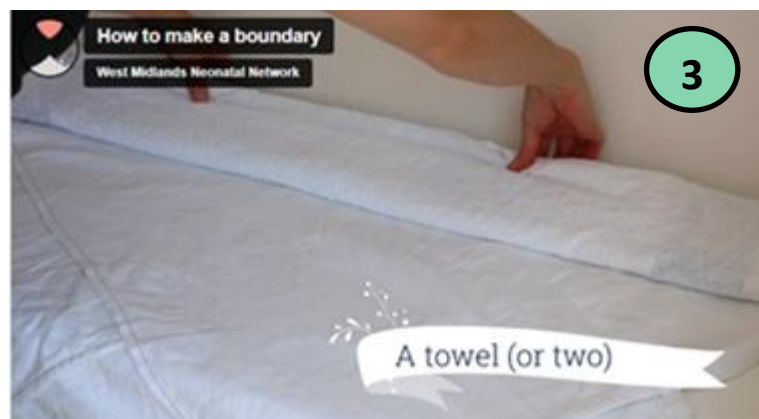


Step 2

Fold the second sheet the same way and place on top of the other folded sheet ensuring the flat edges are at opposite sides

Step 3

Fold your towel to the depth you would like the boundary to be. Remember that your baby needs to be enclosed and their legs should not be able to creep over the top. Place along the top of the two sheets.





Step 4

Fold your towel and the sheets until you have a long firm sausage shaped boundary.

Don't roll the towel otherwise you end up with a boundary which isn't firm enough.

Step 5

Curve the boundary around ensuring it will be close enough to support the baby but not too tight to prevent movement. It is better to go around the whole body and head for better support



Step 6

Place a muslin sheet over the nest ensuring you tuck the sides into the inside of the nest so it is flat against the mattress with no creases.

The muslin cloth can also then be used for swaddling the baby for other position changes

Video Link for a practical demonstration:

[How to make a boundary \(vimeo.com\)](https://vimeo.com/61111111)



Things to consider when changing your baby's position in the incubator

- ◆ Any positional change should be done **slowly** and **gently** explaining to your baby what is happening in a soft and gentle voice.

You may find the 5-step dialogue useful. See link attached or scan this QR code



[\(3\) The 5 Step Dialogue - A Mindful Connection. By Cherry Bond - YouTube](#)

- ◆ Keep your baby in contact with the mattress at all times
- ◆ Ensure your baby is on a muslin cloth that can be wrapped around them to keep them in a curled-up position as you move them from their back to their sides or transferring out for cuddles. If your baby is changing position to their tummy other supportive equipment is needed. Staff will support you with this.
- ◆ If other positional aids would benefit your baby the team will let you know and show you how to use them.
- ◆ If your baby has lots of lines and tubes attached to them, the team will support you in changing your baby's position, as it will take 2 people
- ◆ Your ward staff are there to support you with doing this at all times as you need Them

Please note, all nests/ boundaries will be removed when your baby is ready to take the next step which will be before discharge home. You should not use any nests/ boundaries when at home with your baby.

Babies should be placed to sleep with their feet at the bottom of the cot and on their backs

Please look at the Lullaby trust for further information

[The Lullaby Trust - Safer sleep for babies, Support for families](#)



General Wrapping

Wrapping your baby can help provide boundaries which can make them feel safe and secure and improves comfort during many procedures and experiences. It is particularly useful for weighing and bathing which will be covered in more detail within this booklet, but it can be used for many other experiences, for example; when giving medicines, transferring baby from the incubator/cot for skin to skin, passing an NG tube or during medical and surgical procedures.

You can wrap your baby using a simple muslin cloth or sheet. Your babies' hands should always be free to support self-comfort.



Please scan the below QR codes or click the link to view a short video guide demonstrating how to wrap your baby.

A step-by-step guide can also be found on the next page.

Term Baby



Preterm Baby



Video Links for a practical demonstration:

Term Baby: <https://youtu.be/ECgT28ea8Is>

Preterm Baby: <https://youtu.be/vOtXGriXXsA>

Safe sleep advice:

Your baby should always be unwrapped following these experiences or procedures. Your baby should not be wrapped when sleeping.

General Wrapping- A step-by-step guide

Step 1

Prepare all equipment:

- ◆ Muslin cloth/sheet – already underneath your baby in their cot/nest
- ◆ Equipment for other comfort measures such as expressed breast milk or sucrose as identified within this package.

If required undress your baby slowly



Step 2

Ensuring your baby's hands are up near their face, wrap the sheet across from one side to the other. Tuck the edge under your baby.

Allow your baby time to rest and recover whenever they need it

Step 3

Now do the same for the other side, again, tucking the edge under your baby.

Allow your baby time to rest and recover whenever they need it.



Your baby is now in a well-supported position.

Offer reassurance throughout using your voice and hand hugs. You can also provide other comfort measures as identified within this package

Allow your baby time to rest and recover whenever they need it.

Once the procedure/experience is complete, please remember to remove the wrap from your baby.

- Finish with a still hand and a kind word.
- Remove hands very slowly and ensure your baby is settled and well positioned.



This can be a perfect time to enjoy skin to skin cuddles.

Wrapped Bathing

Bathing your baby is a milestone that many parents look forward to and one which you might wait some time to do.



Bathing can be tiring for babies, particularly if they are still small, so it is important to ensure that they are ready to be bathed and are supported throughout the process. Watching your baby's cues is important to be able to understand when you need to pause or continue with bathing them.

The best time to bathe your baby is when they are awake and relaxed. Creating a calm environment and wrapping your baby will help create an experience where your baby feels safe and secure. Hopefully this will help make the experience enjoyable for you both. All babies can benefit from wrapped bathing both on the neonatal unit and at home. You can wrap bath your baby for as long as you both enjoy doing so. Before bathing your baby, ensure:

- the room is warm with no drafts
- lighting and sound should be low
- use screens or curtains for privacy

Please scan the below QR codes or click the link to view a short video guide demonstrating how to wrap bath your baby.

Term Baby



Preterm Baby



Video Links for a practical demonstration:

Term Baby: <https://youtu.be/VdU9CKRDqMM>

Preterm Baby: <https://youtu.be/Xc2kwHT83oc>

Wrapped Bathing- A step-by-step guide

Firstly, prepare all the equipment that you will need to bath your baby

- ◆ Bath—the staff on the unit will show you how to check the water temperature
- ◆ Muslin cloth – Use the one already in the baby’s cot/nest
- ◆ Towels
- ◆ Cotton wool
- ◆ Nappy
- ◆ Clothes
- ◆ Clean bedding



Step 1

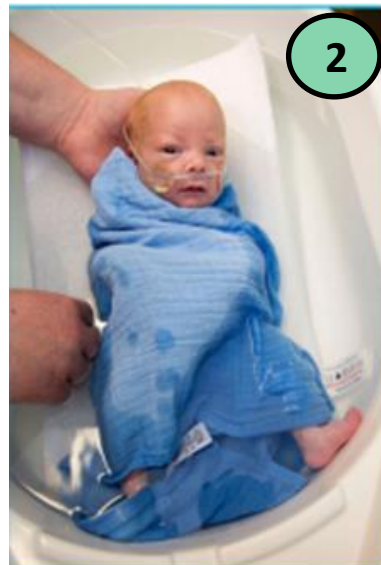
Undress your baby slowly and remove their nappy.

Wrap your baby in a muslin cloth or sheet. You can use the muslin cloth they have been lying on.

Step 2

Submerge your baby feet first to shoulder depth.

Let your baby’s feet brace against the end of the bath.





Step 3

Clean your baby's face with cotton wool.

Dry your baby's face with cotton wool.

Step 4

Support your baby's head.

Slowly unwrap one arm at a time, wash, rewrap and allow your baby time to recover.

Repeat the process for each leg.



Step 5

Wash your baby's head using your hand to scoop up the water.

Step 6

Gently unwrap your baby.

Leave the wrap in the bath and lift the baby onto a warm towel on your chest.

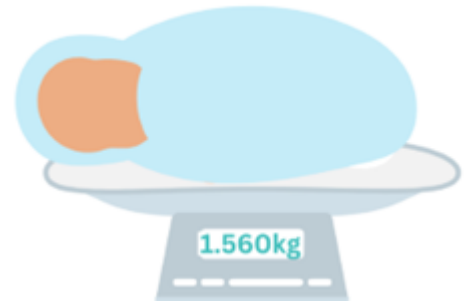
Dry, and enjoy some skin-to-skin time.



Wrapped Weighing

All babies can benefit from wrapped weighing.

Wrapping your baby in a muslin cloth or sheet when you weigh them can help keep them warm and help them to feel safe and secure. Your baby is less likely to cry and is more likely to enjoy the experience.



Weighing can be arranged at a time where you are able to be present and able to take part. Timing of weighing will also depend on your baby's readiness. They should be comfortable, content, and ready for interaction. Always allow your baby time to rest and recover as required and utilise other comfort techniques from within this package.

Please scan the below QR codes or click the link to view a short video guide demonstrating how to wrap weigh your baby.

Term Baby



Preterm Baby in a cot



Preterm baby in an incubator



Video Links for a practical demonstration:

Term Baby: https://youtu.be/Hx_cGhf32f4

Preterm Baby in a cot: <https://youtu.be/k1yWs6tbEj8>

Preterm baby in an incubator: <https://youtu.be/5VcZrHIQ7jY>

Safe sleep advice – your baby should always be unwrapped following weighing. Your baby should not be wrapped when sleeping

Wrapped Weighing- A step-by-step guide

Prepare all equipment:

- ◆ Flat stable surface
- ◆ Scales
- ◆ Towel
- ◆ Muslin cloth – already in the baby’s cot/nest
- ◆ Nappy
- ◆ Clothes
- ◆ Clean bedding
- ◆ Pen to document the weight



Step 1

Weigh the muslin cloth or sheet that you will wrap your baby in. Document the weight.

If your baby is already laid on the sheet, this can be done as the last step.

Step 2

Undress your baby slowly and remove their nappy.

Wrap your baby in a muslin cloth or sheet.

Slowly pick up your baby by leaning down towards them and keeping them close to your chest.



Step 3

Zero the scales (you can have a towel or sheet on the scales to add comfort. Ensure you zero the scales with these in place)

Keeping your baby close to you, move towards the scales



Step 4

Place your baby on the scales. This can be on their back or side—whichever they prefer.

Keep your hands on your baby until they are settled

Slowly remove your hands

Step 5

Write down the weight



Step 6

Lift your baby from the scales keeping them close to your chest.

If you haven't already done so, weigh the muslin cloth/sheet that your baby is wrapped in

Deduct this weight to give your baby's correct weight.

Wrapping your baby during cannulation

All babies born from 22 weeks through to post-term should be wrapped for cannulation to support their comfort whilst having a cannula inserted.

A cannula is a small flexible plastic tube that is inserted into the body through a vein. The cannula is used to give your baby medication or fluids that they are unable to take by mouth.



The cannula is inserted using a small needle. Research has demonstrated that wrapping your baby for cannulation and offering expressed breast milk or sucrose (sugar solution) can make your baby more comfortable during this experience.

You play an important part in the team that surrounds your baby, and you have a unique role to play in supporting your baby during cannulation. If you feel comfortable to, being with your baby whilst they are having the procedure will offer them reassurance and comfort. If you cannot be present, the staff on the unit will provide reassurance and comfort to your baby.

Your baby will be wrapped in a muslin cloth leaving the area that is going to be cannulated exposed. Wrapping encourages a curled-up position and enables your baby to bring their hands to their mouth to self soothe. It offers your baby containment and boundaries which helps them to regulate how they feel.

After the procedure if your baby is being monitored it may be that the muslin cloth used to wrap is left in place just to help your baby stay in that contained position. If they are not monitored the wrap will be removed in accordance with safe sleep guidance as identified within this package. This would also be a great time to enjoy skin-to-skin cuddles.

Please scan the below QR codes or click the link to view a short video guide demonstrating how to wrap your baby for cannulation.

Term Baby



Preterm Baby



Video Links for a practical demonstration:

Term Baby: <https://youtu.be/oEh8B7db5ho>

Preterm Baby: https://youtu.be/dTp_RuWTtoM

Wrapped Cannulation - A step by step guide

Step 1

Prepare all equipment:

- ◆ Muslin cloth – already in the baby's cot/nest
- ◆ Equipment for other comfort measures such as expressed breast milk or sucrose as identified within this package.



Step 2

Wrap your baby in a muslin cloth leaving one limb exposed that is going to be cannulated.

Ensure your baby can get their hands to their mouth for self-comfort.

Cannulation attempt can now be made by staff.

Step 3

If further attempts are required, rewrap this limb, and expose another.

Ensure your baby can get their hands to their mouth for self-comfort.

Cannulation attempt can now be made by staff.



During the cannulation, offer reassurance using your voice and hand hugs. Shade your baby's eyes.

Provide other comfort measures as identified within this package

Allow your baby time to rest and recover

Following cannulation, please remove your baby's wrap. This can be a perfect time to enjoy skin to skin cuddles.

Being present and supporting your baby before, during and after medical & surgical procedures

The way in which your baby is supported through their experience can help them to feel more comfortable and reduce their stress during procedures. There is a combination of care techniques which will be used to make your baby as comfortable as possible as described within this booklet.

If you choose to be present during the procedure, you will be able to comfort your baby before, after and in some cases during the procedure. Please discuss this with the team caring for your baby. Being present will also give you an opportunity to ask any questions that you may have.

There may be circumstances where your baby requires procedures in a time critical situation. Please be assured that if you are not able to be present, a member of staff will always be available to provide comfort for your baby.

Here are some examples of how you can support your baby through procedures:

Support During Retinopathy of Prematurity (ROP) Screening

Retinopathy of Prematurity (ROP) screening is an eye examination that some babies require whilst on the neonatal unit. This is usually done around 4 weeks of age.

ROP is an eye disease that can occur in babies who are premature. It is caused when abnormal blood vessels grow in the back of the eye. ROP can be mild where no treatment is required to some requiring laser surgery to help prevent serious visual impairment. If your baby requires this screening, the staff will discuss this with you and answer any questions.

Care techniques which will be used to make your baby as comfortable as possible before, during and after their ROP screening:

- ◆ The nursery should be quiet and calm
- ◆ Wrapping your baby in a blanket to help them feel safe and calm by providing a stable environment and encouraging muscle tone.
- ◆ If your baby is in a bed, ensure that they can brace their feet against a nest or the end of the bed
- ◆ Provide shade to your baby's eyes following eye drops and after the eye examination
- ◆ Offer expressed breast milk, and/or sucrose drops on a soother or clean finger before and during procedure
- ◆ Encourage baby to grasp your fingers
- ◆ Talk to your baby and offer reassurance

Support During Lumbar Puncture (LP)

A lumbar puncture is a procedure to collect a small amount of fluid, called Cerebrospinal Fluid (CSF) that surrounds the brain and spinal cord. It is done to check if your baby has an infection.

If your baby requires a lumbar puncture, the staff will discuss this with you in more detail and answer any questions you have.

Lumbar Puncture examination can be uncomfortable for your baby however there is a combination of care techniques which will be used to make your baby as comfortable as possible before, during and after their procedure.

- ◆ The nursery should be quiet and calm
- ◆ Offer expressed breast milk, and/or sucrose drops on a soother or clean finger before and during procedure
- ◆ Encourage baby to grasp your fingers
- ◆ Talk to your baby and offer reassurance
- ◆ The nursing team will use a special wrapping technique designed to support your baby's body position which helps them feel safe and calm by providing a stable environment.

Lumbar punctures are sometimes required in a time critical situation. Please be assured that if you are unable to be present during your baby's lumbar puncture, a member of staff will be present to provide comfort.



Feedback



We hope you find this resource useful. We would be very grateful for your feedback. Please complete the short questionnaire by scanning the QR code below

Thank you



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