



Our New Baby

**a little book for big
brothers and sisters**



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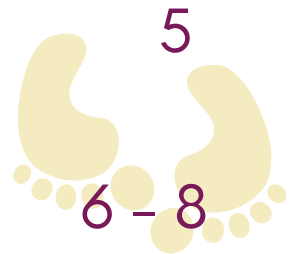
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Welcome to the neonatal unit

Some babies need extra help when they are born and need to stay in hospital on the neonatal unit.

This is the place where your baby is being cared for. The doctors and nurses will help you and your family to look after your baby brother or sister.

This booklet is to help you understand all the things we do to help your baby and how you can help too.

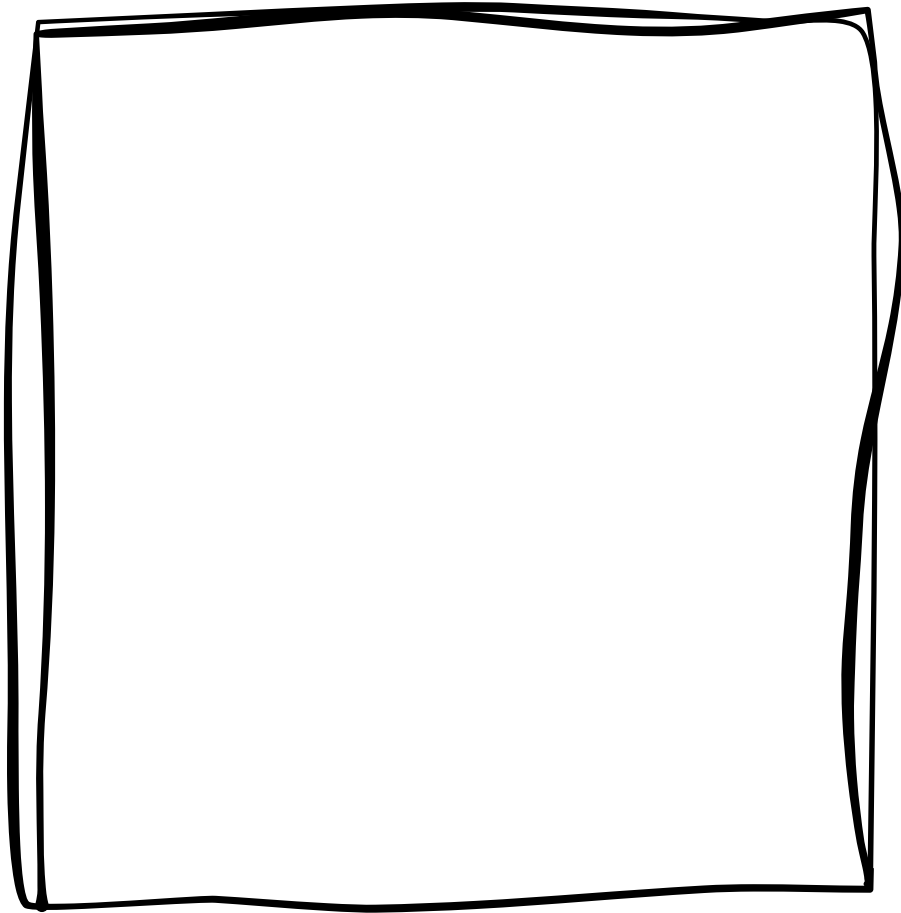
In this booklet there are activities, information and spaces for special memories so that all the family can remember your baby's time on the neonatal unit.

All About Me

My name is _____

I am _____ years old

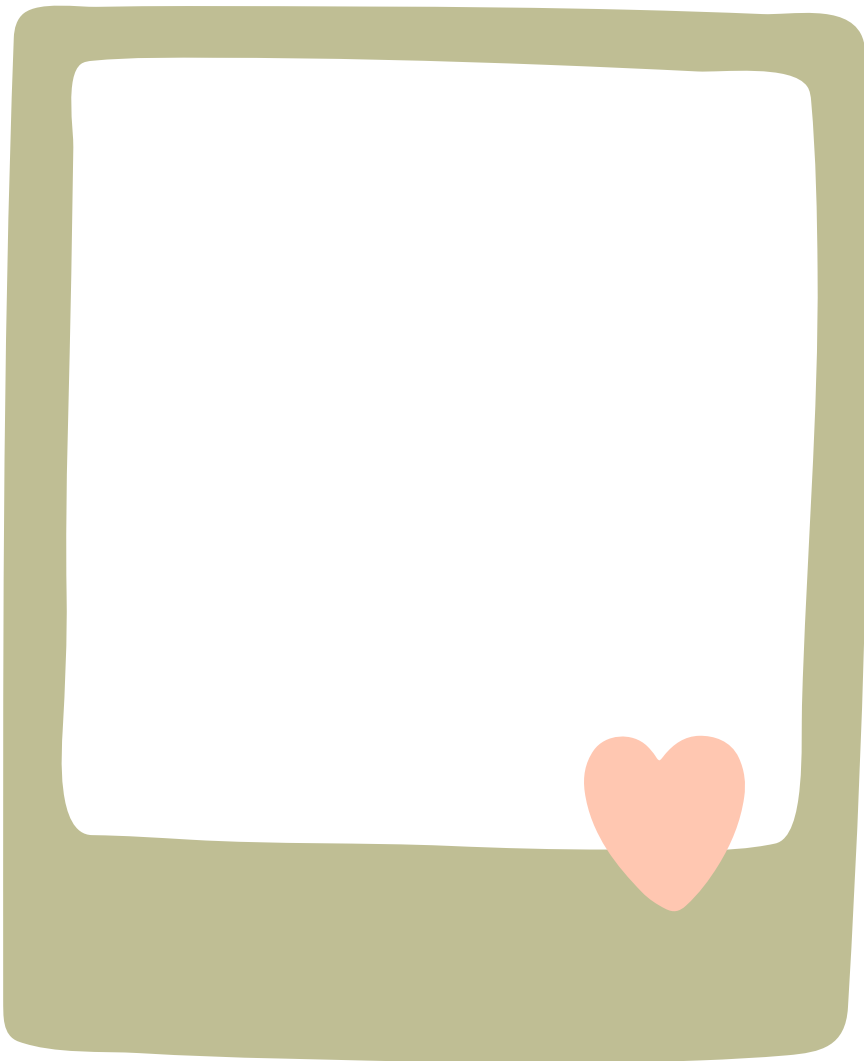
Today I became a big
brother/sister



Draw a picture of you in
this box



All about our baby



Baby's name

Baby's weight

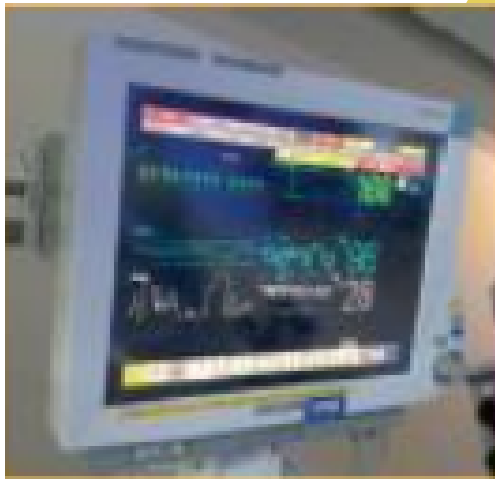
Baby's birthday

Things our baby might need



Incubator

Keeps your baby warm and safe



Monitors

Help to look after your baby. They can sometimes be noisy

Ventilator/CPAP

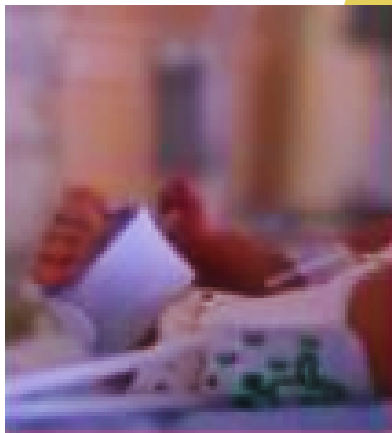
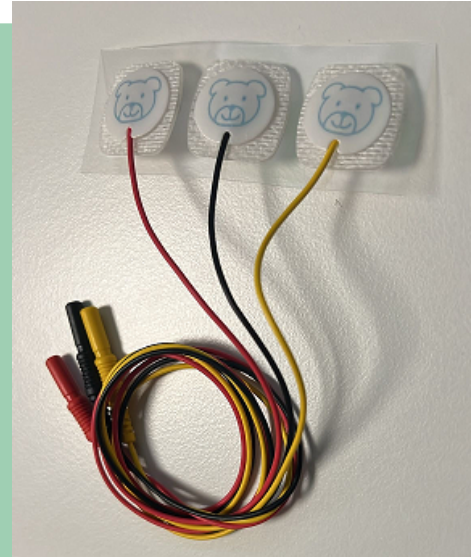
Helps your baby to breathe



Things our baby might need

ECG lead

This counts your baby's heart beat



Saturation Probe

This wraps around your baby's hand or foot to check that they are okay

Apnoea monitor

A sticker on your baby's tummy to check they are okay



Things our baby might need

NG Tube

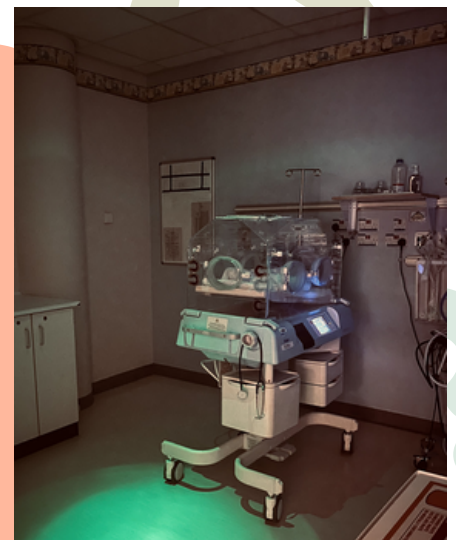
This is goes up your baby's nose into their tummy to feed your baby milk and give them medicines



Incubator cover is used to help your baby feel comfortable

Lights

It is kept darker on the unit to help your baby to rest



Things I can do for our baby

Take a family photo



Draw a picture



Read to them



Write them a letter

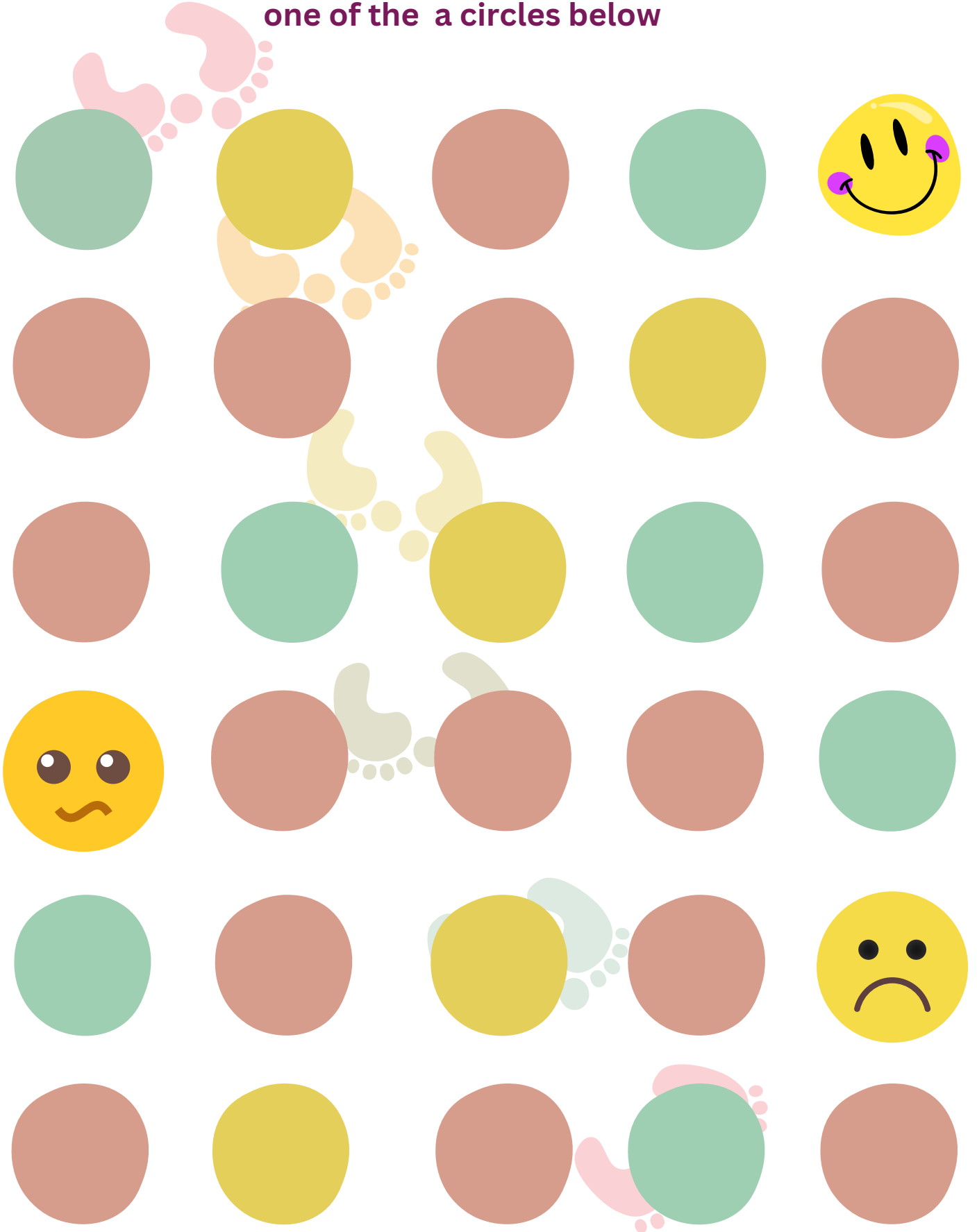


Sing or talk to them

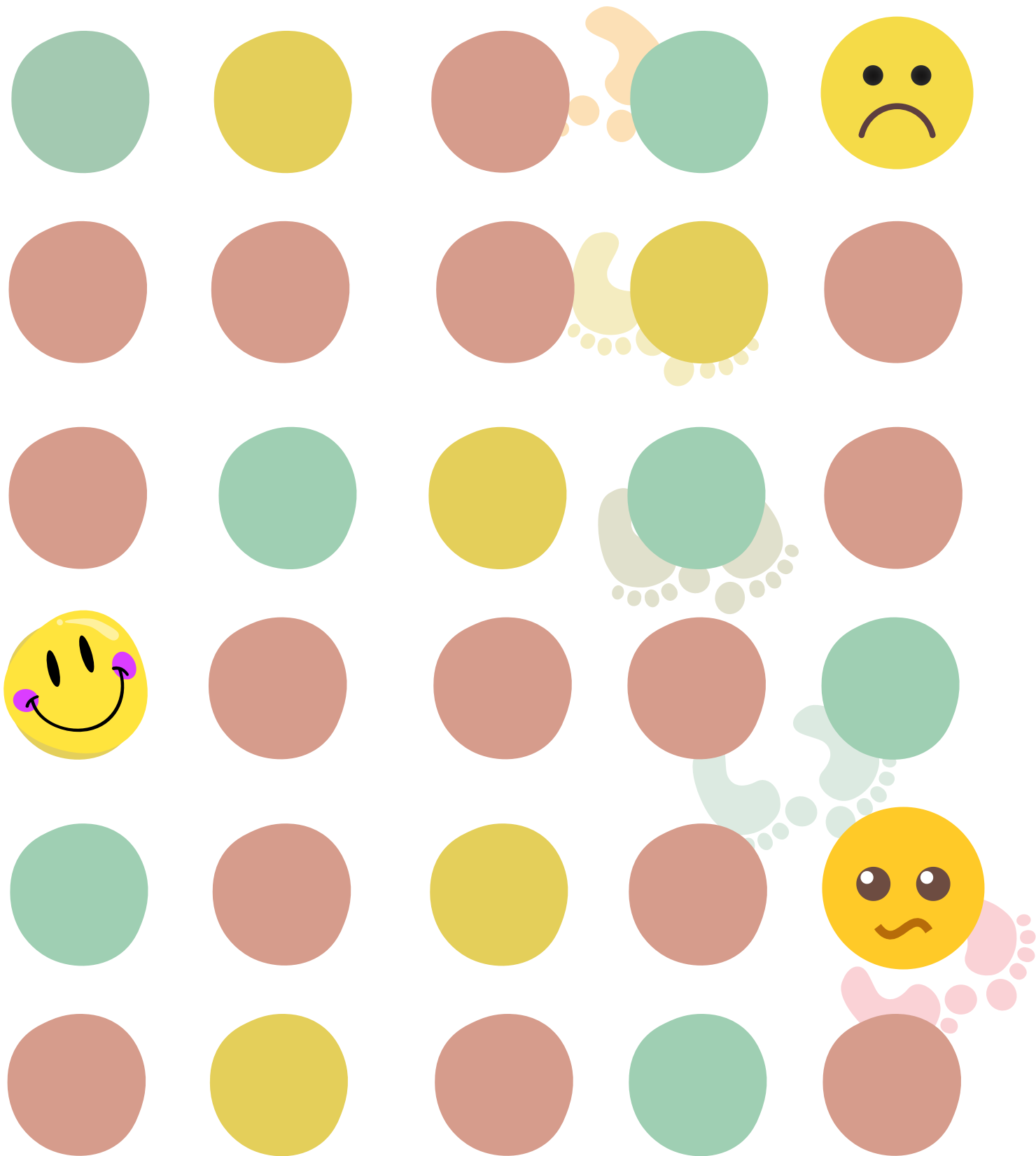


How am I feeling today?

Share how you are feeling today by drawing a face on one of the a circles below



How am I feeling today?



Questions to ask the nurses



More questions to ask the nurses



Draw a picture of your family

A large rectangular area for drawing. It has a thick green border and a white center. At the bottom left of the green border, there are three small, light-colored hearts.

The people in this picture are called

.....
.....

Can you find the words?

Incubator

Doctor

Nurse

Baby

Cuddles

Milk

Monitor

Family

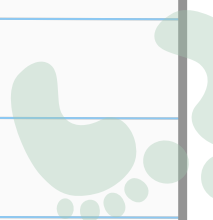
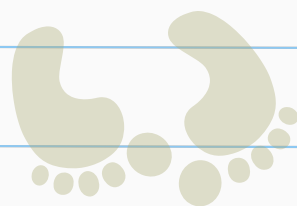
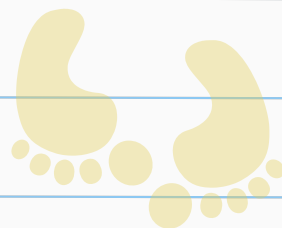
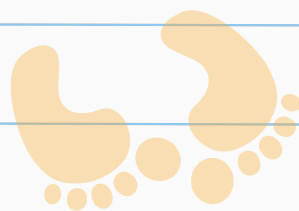
Hospital

I	B	Z	C	U	D	D	L	E	S	K
L	N	Y	W	F	V	F	A	B	X	A
F	U	C	O	I	Z	K	Z	N	J	B
A	G	B	U	M	N	G	Y	U	S	M
M	E	X	A	B	B	Q	S	R	W	I
I	G	J	R	N	A	U	T	S	O	L
L	C	O	L	Y	B	T	W	E	T	K
Y	C	F	M	V	Y	J	O	J	S	A
A	M	O	N	I	T	O	R	R	C	J
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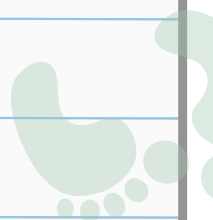
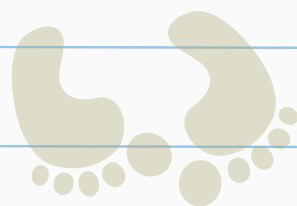
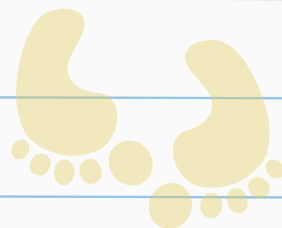
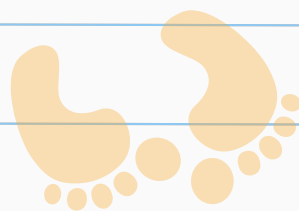
Our baby's diary

Use this space to write about your time on the neonatal with your baby brother/sister. Maybe think about how they are feeling and what they might say to you

The writing area consists of a vertical red line on the left side, followed by 15 horizontal blue lines. On the far left edge, there are 15 circular punch holes. The page is decorated with colorful footprint illustrations: a pair of pink footprints in the top row, a pair of orange footprints in the second row, a pair of yellow-green footprints in the third row, a pair of olive-green footprints in the fourth row, and a pair of light green footprints in the fifth row. A partial pink footprint is visible at the bottom right corner of the page.



A large writing area with a vertical red margin line on the left and horizontal blue lines for writing.







**Adapted from the Greater Manchester
PAG resource**

With thanks to

**The Yorkshire and Humber Parent
Advisory group and Leon, a big brother,
for their support in updating this resource**