Welcome to the Neonatal Unit – Early Days

1. Welcome to the Neonatal Unit
   - Finding out about your baby’s care needs
   - Getting used to the nursery and all the equipment
   - Hand washing
   - Having a tour of the unit and facilities
   - Meet the Team
   - Learning what your baby likes
   - Change nappies, top and tail washes

2. Providing breast milk and learning to feed
   - Breast massage and hand expressing colostrum within the first 6 hours
   - Every drop of milk is precious
   - We will respect and support your choice of feeding method
   - Expressing 8 - 10 times every 24 hours
   - Skin to skin when tube feeding
   - Skin to skin
   - Your baby may need to practice sucking on a dummy
   - I would like to see you every day
   - Talking, reading, singing, touch and cuddles for comfort

3. Spending time with your baby
   - Come and spend time with me on the unit
   - Change nappies, top and tail washes
   - Meeting the Team
   - Skin to skin
   - Talking, reading, singing, touch and cuddles for comfort

Your Baby’s Journey – Helpful steps towards home