

Your Baby's Journey – Helpful steps towards home

Welcome to the Neonatal Unit – Early Days

1. Welcome to the Neonatal Unit

Finding out about your baby's care needs

Hand washing

Come and spend time with me on the unit

Getting used to the nursery and all the equipment

Meet the Team

Having a tour of the unit and facilities

Learning what your baby likes

Change nappies, top and tail washes

Skin to skin

2. Providing breast milk and learning to feed

Breast massage and hand expressing colostrum within the first 6 hours

We will respect and support your choice of feeding method

Your baby may need to practice sucking on a dummy

Every drop of milk is precious

Skin to skin when tube feeding

Expressing 8 - 10 times every 24 hours

I would like to see you every day

Talking, reading, singing, touch and cuddles for comfort

3. Spending time with your baby

