

Steps to Home Passport

You and your baby's journey through the Neonatal Unit from birth to home



Ready for home



Establishing suck feeds



Making progress: Getting ready for transfer/home



Getting to know your baby



Providing breast milk and learning to feed



Early days after birth

Baby's Name
Hospital of Birth
NHS No

Hospital No

Introduction

The neonatal team would like to welcome you, your new baby and family to the unit. This naturally may be a stressful, anxious and emotional time for you and your family.

This 'Steps to Home Passport' is to help you through this journey and for you to record it and your thoughts each step of the way. It aims to:

- Guide you through the different steps from the early days after birth, providing breast milk, learning to feed, getting to know your baby and planning your day
- Help you to know what to expect along the way
- Support you in preparing to take your baby home
- Enable you to keep a record of your baby's journey and special moments
- Provide links to further information and resources

Please make a note of any questions or concerns you have so you can discuss them with a member of the team.

Small Wonders DVD

The Small Wonders DVD includes 12 films which have been designed to help you on your journey. The first five listed below will be helpful to watch just before or soon after birth and others, which may be helpful along the way, are indicated in the Passport. This DVD is available on your neonatal unit.

The first five Small Wonders films are:

1. Introduction
2. Birth
3. First Hours
4. Expressing Milk
5. Holding your baby

Hospital for continuing care

There are seven hospitals in North West London Perinatal Network as indicated on the map. Once specialist care is no longer required your baby's care may be continued at one of the other Network hospitals. This will be discussed with you if appropriate for you and your baby.

My baby's hospital for continuing care is:



My family and special moments

A large, light purple rectangular area with rounded corners, intended for writing about family and special moments. It features decorative scroll-like elements at the top-left and top-right corners.

Please tell us about you and your family:

Your baby's name		Date of Birth	Gestation	Birth weight
Mother's name		I like to be called	Religion	Languages spoken Interpreter Yes / No
Father's name		I like to be called	Religion	Languages spoken Interpreter Yes / No
Brothers and sisters		Ages		Languages spoken
Family address			Telephone number	
Other carers names			Telephone number	
Discharge address			Telephone number	



Small Wonders
Film 1, 3 and 4

Early days after birth

Completed Date:
Parent:
Staff:

Helpful things for you to do in the early days following admission.	Parent's thoughts and special milestones	Completed/ Confident	Date/Parent Signature
Meet the team on admission; Doctor and Nurse			
Have a photograph of your baby			
Be instructed in hand washing guidance			
Come as soon as possible to see your baby in the neonatal unit	Mother Father		
Read the written information about the unit and become familiar with the unit's daily routines			
Read the written information from BLISS			
Use your Parent Journey/Baby Diary			
Discuss the on-going health and developmental care needs of your baby with the team			
Get to know the nursery environment and equipment			
Complete the family information form with a member of staff			



Small Wonders
Film 3 and 4

Providing breast milk and learning to feed

Do you intend to provide breast milk for your baby? Yes/No

Completed Date:
Parent:
Staff:

Understanding what is really important to do after delivery to establish lactation and encouraging your baby to suck will help your baby feed and go home sooner.	Parent's thoughts and special milestones	Completed/ Confident	Date/Parent Signature
If intending to breast feed, or at high risk of vitamin D deficiency, continue to take the same vitamins taken during pregnancy			
Breast massage and hand express colostrum within 6 hours of birth Frequency of expression 8 – 10 times in 24 hours including once at night between 2 am and 4am			
Understand the benefits of skin-to-skin cuddles and read the Skin-to-Skin booklet			
Learn how to use the hand breast-pump and electric pump to express			
Tube feed your baby			
Understand the benefits of non-nutritive sucking or sucking at the breast during tube feeds			



Small Wonders
 Film 6
 Film 10 Twins and Triplets

Watching and getting to know your baby

Completed Date:
 Parent:
 Staff:

<p>If you spend as much time as possible with your baby and caring for him/her this will help you all to be ready for home sooner.</p> <p>The team and your baby's nurse will be able to show and help you how to do these things and provide you with more information</p>	<p>Parent's thoughts and special milestones</p>	<p>Completed/Confident</p>	<p>Date/Parent Signature</p>
<p>Plan your day so you can care for your baby as much as possible: Care and feeding times can easily be changed to suit you and your family</p>			
<p>Positive touch and holding:</p> <ul style="list-style-type: none"> • Give comforting touch and containment holding to help you and your baby communicate • Let your baby hold your finger 			
<p>Skin to skin contact for at least 1-2 hours every day will help:</p> <ul style="list-style-type: none"> • You to feel close to your baby • You to establish and maintain milk supply and 'tailor make' the antibodies for your baby • Your baby to recognise your smell and your voice 			

<p>Mouth care and positive oral touch: Use your breast milk to refresh your baby's mouth if unable to feed from breast or bottle. This will be a pleasant experience in readiness for learning to feed</p>			
<p>Nappy changes, washes, bathing and caring for your baby's skin: You can do this every day from when your baby is born, this will help you to feel close to your baby and build up your confidence in caring for him/her Your baby's nurse will be able to show you different ways to calm and support your baby when you are caring for him/her</p>			
<p>Getting to know each other and help your baby's development:</p> <ul style="list-style-type: none"> • Understand his/her likes and dislikes through learning to communicate with your baby • Recognise his/her cues • Talk, sing and read to your baby softly so he/she will recognise your voice • As your baby becomes more awake and alert encourage him/her to look at your face 			



Staff will discuss transfer with you if appropriate

Making progress: Getting ready for transfer and /or home

Completed Date:
Parent:
Staff:

Things to do early so you are ready for your baby to come home.	Parent's thoughts and special milestones	Completed/ Confident	Date/Parent Signature
Register your baby's birth at the Town Hall			
Register your baby with a GP in the catchment area of your home			
Sign up for resuscitation training session, if required Read Reducing the Risks of Cot Death leaflet			
Read leaflets on Immunisation Programme			
Complete shopping: Moses basket or cot, linen, clothes, nappies, baby bath, steriliser and car seat and feeding equipment if required Not sure what to buy? Ask your baby's nurse			
Getting ready for home your baby will:			
<ul style="list-style-type: none"> • Move to a low dependency nursery • Progress to a heated mattress and then a cot • Come off monitors • Move to sleeping on his/her back 			



Establishing suck feeds

Completed Date:

Parent:

Staff:

Feeding is a partnership between you and your baby. You can help by:	Parent's thoughts and special milestones	Completed/ Confident	Date/Parent Signature
Recognising when your baby wants to feed			
Good positioning and attachment during feeding			
Understanding sleep-wake patterns and feeding			
Knowing what to look out for when your baby is feeding			
Understanding when your baby is satisfied and how often he or she needs to feed.			
Ensuring you are available when your baby is increasing the frequency of sucking feeds			
Planning to encourage feeding and reduce top ups each day if breastfeeding			
Planning ahead with family and staff to room in with your baby			
Knowing where to obtain formula and use of sterilising equipment if required			



Small Wonders
Film8

Ready for home

Going home with your baby is an exciting time but naturally you may also be feeling anxious

Completed Date:

Parent:

Staff:

These are some final routine checks and tasks to be done before you go home.	Parent's thoughts and special milestones	Completed/ Confident	Date/Parent Signature
Hearing test			
Eye test (if required)			
Blood spot test (if required)			
Head scan (if required)			
BCG vaccination			
A final physical check and weight			
Any questions or concerns?			
Please make a note of any questions or concerns so you can discuss them before you go home with a member of the team			



Small Wonders
Film 8 and 9

Ready for home

Completed Date:
Parent:
Staff:

Below is a list of things that you will be given before you go home	Parent's thoughts and Special milestones	Completed/ Confident	Date/Parent Signature
A copy of your baby's discharge summary			
Your baby's updated Child Health Record (Red Book) if available, or your Health Visitor may give you this at home			
A feeding plan for your baby and information about how to access breast feeding support			
Information about help, advice and support after discharge in your community			
A supply of medicine (if required) and how to get a new supply Ensure you know how to store and give vitamins and any other medication your baby requires			
Plans for follow up if required			
Information about your baby's development			

Additional Steps to Home

Occasionally additional steps from those outlined in the passport are needed for babies to be discharged home. It is natural to feel anxious about these but the team is there to support you through these should they be required. This is just an introduction; please ask a member of the team if you would like to discuss further.

Going home with oxygen

Some babies with ongoing breathing difficulties continue to need oxygen therapy at home. If it is likely staff will discuss the reason for this with you, explain how it can be organised and how you and your baby will be supported.

Below are some of the steps to going home with oxygen

- Meet with your baby's consultant and team to help understand why your baby may need oxygen, for how long and to find out more about it
- Read a copy of the BLISS Home Oxygen booklet which may help you to understand what happens and how to cope at home
- Complete the consent form required for the team to order and arrange delivery of oxygen at home. This includes portable oxygen for when you are out and about.
- The team will decide what amount of oxygen your baby will need at home at discharge. Saturation monitoring will help to confirm how much oxygen your baby needs along with how your baby is feeding and growing.
- A discharge planning meeting to help you and the team prepare and coordinate everything as smoothly as possible in preparation for going home
- Complete a programme of education and training to help you understand and learn how to care for your baby at home on oxygen and manage family life

Checklist for going home with oxygen

Things to be done	My thoughts and progress	Date
Consent form signed		
Home oxygen ordered		
Home oxygen delivery date		
Training completed		
Planned discharge date		
Follow up plan in community		

Make a note of any questions or concerns to discuss with staff

Questions or concerns?

Going home tube feeding

Some babies experiencing ongoing difficulty with suck feeding or who are unable to suck feed go home with tube feeds. If your baby might need tube feeds at home a consultant will discuss the reason for this with you, explain how it can be organised and how you and your baby will be supported.

Below are some of the steps to going home with your baby tube feeding.

- Meeting with your baby's consultant and team to help you understand why your baby may need tube feeds, for how long and to find out more about it
- A discharge planning meeting to help you and the team prepare and coordinate everything as smoothly as possible in preparation for going home
- Complete a programme of education and training to help you understand, learn and feel confident with how to care for your baby having tube feeds at home

Checklist for going home with tube feeds

Things to be done	My thoughts and progress	Date completed
Know how to check the position of the tube using pH strips		
Be able to give the feed through the tube		
Have a supply of syringes and pH strips for use at home		
Know what to do if the tube comes out and if you need to have a spare tube at home?		
Know where / who to contact for advice		
Training completed		
Planned discharge date		
Follow up plan in community		

Make a note of any questions or concerns to discuss with staff

Questions or concerns?

Useful Contacts	Name	Phone Number	Email/other
Neonatal Unit			
Hospital for Continuing Care/Readmission			
Health Visitor			
Community Nurse			
GP			

Other Professionals involved in your baby's care

Name	Contact Details

Local Information and Support – to be completed by unit,

Eg Parent groups, breast feeding support and supply of breast expressing equipment, psychological support

Additional information and support

BLISS	Website: www.bliss.org.uk Telephone : 020 7378 1122 Freephone Helpline 0500 618 140 Bliss DVD: Basic Life support for babies – a guide for parents
Small Wonders DVD	Additional films: 11. Bereavement, 12. One year on
Multiple Births Foundation	Website: www.multiplebirths.org.uk Telephone: 020 3313 3519
Twins and Multiple Births Association (Tamba)	Website: www.tamba.org.uk Telephone: 0870 770 3305 Freephone Helpline 0800 138 0509
National Breastfeeding Helpline	Website: www.breastfeeding.nhs.uk Helpline 0844 20 909 20
NHS 111	Website: www.nhs.uk/111 Telephone: 111

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Steps to Home passport

With special thanks for support from
North West London Perinatal Network Parent Representative Group
North West London Perinatal Network Discharge Special Interest Group
North West London Perinatal Network Board and Management Team



For further information about the North West London Perinatal Network Parent Representative Group please ask a member of staff