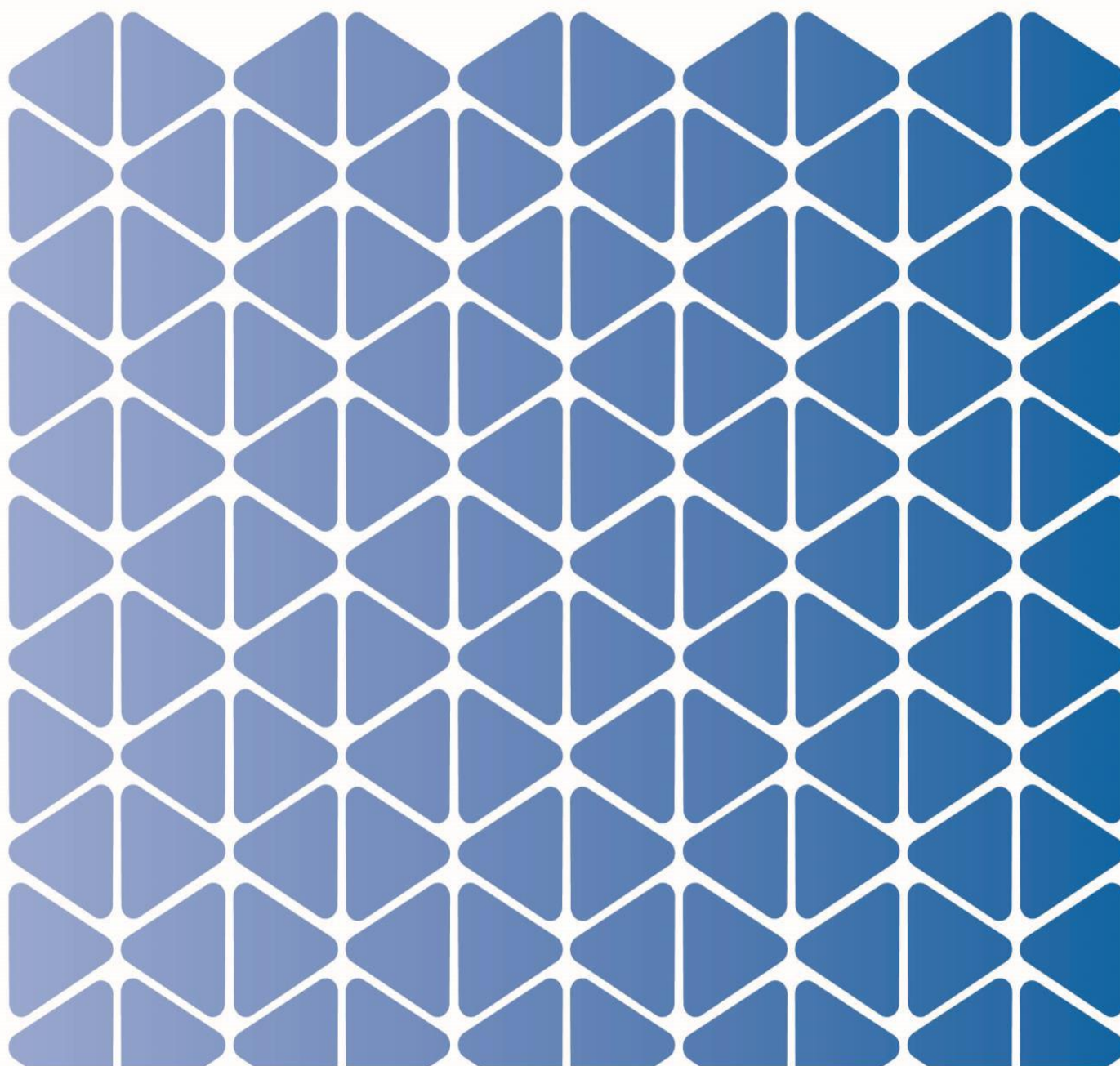


## PATIENT INFORMATION

# KEEPING YOUR BABY WARM AT HOME

WORCESTERSHIRE NEONATAL OUTREACH SERVICE



## Keeping your baby warm at home

It is important not to overheat your baby as the chance of Sudden Infant Death Syndrome (SIDS) is higher in babies who get hot. They should not wear a hat for sleep, even if they have during their stay in the Neonatal unit or TCU. But if they are very small or premature they may find it more difficult to keep warm.

Check your baby regularly to ensure they are not too hot or too cold. You can do this by feeling their forehead, tummy or back of the neck. Don't worry if their hands or feet are cool this is normal. A room temperature of 17°C maybe adequate for a baby over 2.3kg, however a baby under 2.3kg may require at least 20°C.

**DO NOT** place baby next to a direct heat source ie: radiator, hot water bottle etc. The safest place for a baby to sleep is in the same room as you for the first 6 months.

If baby feels too hot OR too cool, then check their temperature using a tempadot (you will be shown how to use these before going home and they will be provided by the hospital). A baby's normal temperature should be between 36.5° – 37.5°C. So, add or remove layers to maintain this.

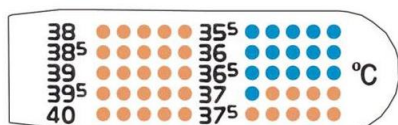
If Your baby's temperature is **higher** than 37.5°C, then remove 1-2 layers of blankets or cardigan and re-check temperature at the next feed time. If your baby's temperature is higher than 38°C, then seek medical advice.

If your baby's temperature is **less** than 36.5°C, then phone the Neonatal Outreach team or Neonatal Unit for advice

## Using a Tempadot

- 1) Take Tempadot out of the wrapper and place the dotted/numbered side down onto baby's skin under the arm.
- 2) Leave under the arm for 3 minutes.
- 3) Remove Tempadot and wait 10 seconds for the blue dots to settle.
- 4) Read the temperature. The first blue dot on the line is the number to the left, count across the blue dots for your reading.
- 5) Discard Tempadot.

This tempadot is reading 37°C



## **Contact Telephone Numbers**

### **Neonatal Outreach Team**

7 days a week 08.00- 16.00

Mobile: 07834 172337

Tel No: 01905 760661

### **Neonatal Unit**

24/7

Tel No: 01905 760661

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.