

It's time to take your baby home...



WORCESTERSHIRE NEONATAL SERVICES
WORCESTERSHIRE ROYAL HOSPITAL
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**Worcestershire
Acute Hospitals**
NHS Trust



Time to go home!

Congratulations - it's time to take your baby home.

This booklet contains a lot of important information, so please read it thoroughly before you leave, and keep it somewhere easily accessible at home in case of need. If you are going home in a car please ensure that you have read the section on car safety before leaving.

This booklet contains QR codes: please ask a member of the Outreach team for leaflets if you are unable to scan the codes, or would prefer a separate leaflet.

Smartphone apps will translate this document for you if needed - Google Lens, or iPhone Translate app for example.

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Car safety for your baby (1)



Your baby is at risk if you do not fit the car seat as recommended, and position and strap your baby in the seat correctly.



Baby or child car seat fitting

It is dangerous and illegal to carry a baby in a rear-facing baby seat in a front passenger seat that has an active airbag. Legally a baby or child must stay rear facing until 15 months (if using a height based R129 seat) or a weight of 9kg (if using a weight based R44 seat)

It's always safer for children to travel in the back of the car.

Make sure the seat is fitted properly in the car, following the manufacturer's instructions.

Look out for safety days where experts demonstrate how to fit baby and child car seats safely. These often take place in supermarket or retail parks car parks.

For information about choosing and fitting a car seat scan the QR code on the right or go to <https://www.childcarseats.org.uk/>



For information about car seat safety for smaller babies scan the QR code or go to <https://www.lullabytrust.org.uk/safer-sleep-advice/car-seats-and-sids/>

Using a baby or child car seat

- Make sure you always put your baby into their car seat from the pavement side of the car.
- Make sure your baby is securely strapped in according to the manufacturer's instructions. When buying your car seat, ask the retail staff to demonstrate how to strap your baby into it.
- Use a rear-facing car seat for as long as your baby fits into it. These offer better protection in an accident.

Car safety for your baby (2)



Did you know that the clothes your baby wears can play a big role in how safe they are in their car seat?

ALL babies need to be safe and secure when travelling.

By placing baby in an upright and central position this can be achieved.

Everyone wants to be warm when the weather changes but babies can overheat very quickly in a car seat.

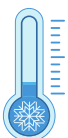


Babies should NEVER wear a coat, snow suit or thick padded jacket whilst traveling.

Wearing these can reduce your baby's safety as they prevent the harness from giving the correct support, may restrict breathing due to the poor positioning of the straps and cause overheating - all of which can lead to SIDS (Sudden infant Death Syndrome).

Here's a simple guide:

TO THE CAR	IN THE CAR
 Vest	 Vest
 Babygrow	 Babygrow
 Cardigan	 Cardigan
 Jacket/padded suit	 Jacket/padded suit
 Hat	 Hat
 Blanket	 Blanket



NOTE: If it is very cold, or your baby is very small, they may need a hat and/or blanket until the car warms up.

Safer sleep for babies



DO place your baby on their back to sleep, feet to foot, blankets tucked in up to armpits. ✓

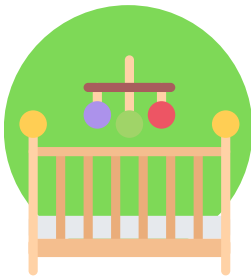


✓ DO avoid smoking especially near your baby



Breastfeed or feed your baby with breastmilk for at least 2 months if possible. ✓

✓ DO use a firm, flat, waterproof mattress in good condition



DO place your baby to sleep in a separate cot or Moses basket in the same room as you in the day and night for the first 6 months. ✓



DON'T



DON'T sleep on a sofa or in an armchair with your baby



DON'T let your baby get too hot and don't cover your baby's face or head, use loose bedding, sleep pods or nests for sleeping in. ✓



DON'T sleep in the same bed as your baby. This is very important if your baby was born prematurely or was of low birth weight, or if you smoke, drink, take drugs or medication that makes you drowsy or are extremely tired.



The **ABC** of safer sleep

To reduce the chance of sudden infant death syndrome (SIDS), remember the ABC of safer sleep for your baby.



Always sleep
your baby...



On their
Back...



in a **Clear** firm and
flat sleep space.

For more information
about safe sleeping
scan the QR code below
or visit:
www.lullabytrust.org.uk



Little Stars Neonatal Support Group

Any parents, carers and family who have experienced a neonatal journey are welcome to join us at our monthly Little Stars group. Dates, venues and times are advertised on our Worcester Neonatal and Transitional Care Facebook page, and on our Instagram page.

“

Comment from a mum:
'I just wanted to thank the staff... I think the group is a fantastic idea. It helped me to process the experiences of both my premature boys. Many thanks.'

”

We love to receive updates on how you are all doing! If you'd like to share these with us to be displayed on the unit for other parents to see, or to be posted on our social media pages, please forward photos of then and now with your story to our Facebook page, or contact the unit.

What to do if your baby won't stop crying

Crying is normal.

There may be a reason why your baby is crying. They may be hungry, tired, uncomfortable, hot or cold, or need their nappy changing. But sometimes babies just cry for no reason and cannot be settled. This can be very frustrating and upsetting for you. If you are tired and stressed it seems even worse - and it can become a vicious circle that is hard to break: the crying increases your stress levels which then makes it even harder to deal with, so you get more stressed. Try these methods for comforting your baby, but if you are finding it hard to cope, get help - from a partner, relative or friend, or a healthcare professional - your health visitor or your GP.

Comforting your baby

- 💡 Talk calmly to them. Hold them close, skin to skin if you can, and stroke their back rhythmically.
- 💡 Take them for a walk. The motion of the pushchair often soothes them and sends them to sleep.
- 💡 Play lullaby music. If you haven't got any, there are many playlists to help soothe and calm your baby available on YouTube or music services like Spotify. It might help you keep calm too. Singing and humming works too!
- 💡 Try giving them a warm bath. Keep the lights low - but bright enough so that you can see your baby safely.



It's okay to walk away if you have checked your baby is safe and the crying is too much for you. Take a few minutes to calm down - make yourself a cup of tea or coffee, take some deep breaths and try to relax, before going back to check on your baby.

NEVER shake your baby - it can cause brain damage, even death.
If you think your baby may be unwell, contact your GP or call 111.



For more information and advice about crying, scan the QR code on the left or go to: www.iconcope.org



Feeding support

Having access to feeding support for you and your baby can really help you navigate your feeding journey. You can ask your midwife or health visitor for help, or contact one of the services below.

Breast Buddies Support Groups

For dates, times and venues of local groups, please follow them on Facebook at 'Worcestershire Breastfeeding Support'.

If you would like to attend one of the support groups, please email:

whcnhs.breastfeedingsupport@nhs.net with your baby's name, date of birth and postcode. A place will then be booked for you. Partners, grandparents, friends and older children are also welcome. These groups are subject to change and cancellation.

Breastfeeding Support Workers

The community breastfeeding support team will contact you within 72 hours after the birth of your baby. If you miss this contact, you can ask for individual breastfeeding support up until your baby is 6 weeks old (corrected) by emailing: whcnhs.breastfeedingsupport@nhs.net. If your baby is over 6 weeks, breastfeeding support can be accessed at the breast buddies support groups above or on the following helplines:

National breastfeeding helpline (24/7 service): 0300 1000 212

NCT helpline (from 8am-midnight): 0300 330 0700

24 Hour Support: If you require urgent bottle feeding or breastfeeding support overnight, you can call and speak to a midwife on: 01905 760663

Breast pump hire

If you would like information about breast pump hire, please call 01905 520032.

Infant Feeding Team

For more complex feeding issues, including if you suspect your baby has had a tongue tie, the specialist infant feeding midwives can be contacted by phoning 01905 760507, or by asking your midwife/health visitor for a referral.



What to do if your baby is choking

1. Slap it out

- Lay your baby face down on your thigh and support their head
- Give up to five blows between their shoulder blades



2. Check their mouth

- Carefully pick anything out

3. Squeeze it out

- Lay your baby on your thigh face up
- Using two fingers, give up to five chest thrusts
- Check the mouth. If the obstruction hasn't cleared call 999/112 for emergency help



4. Call 999/112

- Take your baby with you and call 999 or 112
- Repeat steps 1 to 3 until help arrives or your baby stops choking.



Thank you to St John Ambulance (www.sja.org.uk) for this information. Further first aid information can be found on the SJA website (scan QR code on right). If you would like to become a first aid volunteer please email: Worcestershire-recruitment@sja.org.uk

**WATCH
VIDEO**



What to do if your baby has a seizure (fit)

Make it safe

1. Clear objects that may cause your baby injury

2. Don't try to restrain them

➤ Put soft padding around them

3. Cool them

➤ Take away bedding and remove a layer of clothing when the seizure has stopped

4. Put them in the recovery position

5. Call 999/112 for emergency help

➤ When seizure has stopped, put them in the recovery position while you wait.



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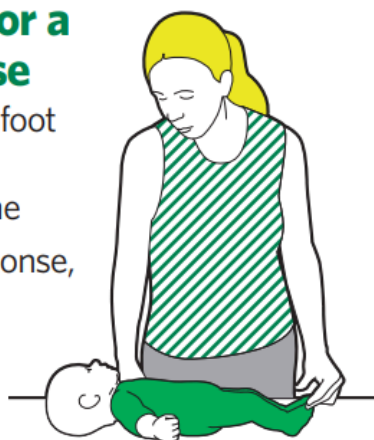
WATCH VIDEO



What to do if your baby is unresponsive

1. Check for a response

- Tap their foot and call their name
- If no response, shout for help



2. Open their airway

- Gently tilt the head back



3. Check for breathing

- Look, listen and feel



4. If they are breathing

- Hold them in the recovery position (see below)
- Call 999/112 for help

If they are not breathing

- Call 999/112
- Give CPR until help arrives.



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**WATCH
VIDEO**



What to do if your baby has stopped breathing

If your baby is unresponsive and they are not breathing
follow these steps to perform CPR

1. Call 999/ 112 for an ambulance

- If you're alone, give one minute of CPR before calling on a speaker phone

2. Breathe

- Open airway
- Put your lips around their mouth and nose and blow steadily for up to one second
- Give five initial rescue breaths



3. Pump

- Using two fingers in the centre of the chest, give 30 chest compressions at a rate of 100-120 per minute



4. Repeat

- Give two rescue breaths followed by 30 chest compressions
- Continue CPR until help arrives.



Thank you to St John Ambulance (www.sja.org.uk) for this information. Further first aid information can be found on the SJA website (scan QR code on right). If you would like to become a first aid volunteer please email: Worcestershire-recruitment@sja.org.uk

**WATCH
VIDEO**



Emotional Support for Neonatal Parents (1)

Understanding Your Emotions

As you prepare to take your baby (or babies) home, you may experience a variety of emotions, and that's perfectly okay. Whether your journey with your baby has been long or short, the transition to home can stir up feelings like:

- Joy and Relief: Finally, your baby is coming home! This is a moment to celebrate.
- Fear and Anxiety: You may feel worried about your baby's care at home or the challenges that lie ahead.
- Overwhelm: The thought of juggling your baby's needs, self-care, and possibly returning to work can feel like a lot.
- Sadness or Grief: If you've spent a significant time in the hospital, you may feel a sense of loss leaving the care of the neonatal team.
- Guilt: Some parents may feel guilty about not feeling joyful or struggling with the emotional transition. Know that it's okay to not always feel okay.

Tips for Emotional Well-being During the Transition

1. Take One Day at a Time:

- It's easy to become overwhelmed thinking about everything at once. Break down each day into small tasks and take it one step at a time. Celebrate little wins, like a successful feed or your baby's first night at home.

2. Accept Help:

- Reach out to family and friends for support, whether it's for help around the house or simply someone to talk to. You don't have to do it alone.
- Ask your neonatal unit for local resources, such as parent support groups, mental health services, or online communities.

3. Be Kind to Yourself:

- It's normal to have difficult moments. Give yourself permission to feel however you feel. Taking care of a newborn is a learning process, and it's okay to ask for help or take breaks when needed.

4. Establish a Routine:

- Establishing a simple, flexible routine for feeding, sleeping, and caregiving can help create a sense of normalcy and control. Don't worry if things don't go perfectly, though—babies have their own schedules!

Emotional Support for Neonatal Parents (2)

5. Practice Self-care:

- Your well-being matters too! It can be easy to forget about yourself while caring for your baby, but try to find small moments for self-care—take a warm bath, go for a walk, or just rest when possible, and make sure you have plenty of snacks and meals available to keep you going.

6. Create a Supportive Environment:

- Let your home be a place where you feel comfortable and supported. If you're feeling overwhelmed, it's okay to take a break in a quiet space and regroup. Surround yourself with supportive, understanding people.

Understanding Postpartum Emotions

After the birth of your baby, it's not uncommon for parents to experience a range of emotional changes. This is often referred to as the postpartum period, and it can include:

- Postpartum Depression (PPD): Feelings of sadness, hopelessness, and fatigue that don't go away. PPD can affect both mothers and fathers, and it's important to seek help if these feelings last for more than two weeks or interfere with daily life.
- Anxiety and Stress: Caring for a premature or sick baby can leave you feeling on edge, constantly worried. It's important to find healthy ways to manage anxiety, whether through relaxation techniques, talking to someone you trust, or seeking professional support.

If you feel that you are struggling with your emotional well-being, don't hesitate to seek help. Speaking to your GP, Health Visitor, or support groups can provide the necessary support.

What to Do if You're Feeling Overwhelmed:

1. Reach Out to Your GP or Health Visitor:

- If you find yourself feeling persistently sad, anxious, or disconnected, speak to your doctor. There is no shame in seeking help—your mental health is just as important as your baby's health.

2. Lean on Your Support System:

- Let your partner, family, and friends know how you're feeling. It's okay to be vulnerable with them. You don't have to "go it alone."

Emotional Support for Neonatal Parents (3)

3. Join Parent Support Groups:

- Connecting with other parents, especially those who have been through neonatal care, can be a great comfort. The Neonatal unit based at Worcestershire Royal Hospital hosts a monthly parent group called 'Little Stars' for parents when they have left NNU, which you can find out about on the Worcester Neonatal Facebook page.

4. Take Time for Yourself:

- Caring for a baby is demanding. It's essential to take breaks when you can. A short walk, a quiet moment with a cup of tea, or even just resting while your baby sleeps can help you recharge.

Trust Yourself as a Parent

You have already been through a lot with your baby, and you are doing your best. Trust in your ability to care for your baby and be patient with yourself as you adapt to this new chapter. Remember that it's okay to have moments of doubt, fear, and worry. These feelings don't mean you're not doing a good job as a parent. In fact, they're a sign that you care deeply for your baby and want the best for them.

Remember, You Are Not Alone.

Try to take things one day at a time and always reach out for help when you need it. You and your baby are on this journey together, and there's support available to help you if you let those around you know that you are struggling.

Places to get support:

- Post-birth debrief service.
- GP/Health Visitor – they can listen to what you are feeling and refer you to the appropriate service if necessary.
- Worcester Talking Therapies, <https://www.talkingtherapies.hwhct.nhs.uk/> – you can refer yourself through their website to receive talking therapy for your experience.
- The Bliss Charity offers a wide range of free services for the families of premature and sick babies including a video call support service. For more information go to: <https://www.bliss.org.uk/parents/support>

Physiotherapy and Occupational Therapy Support

Following your discharge home, should you have any concerns about your baby's development your health visitor should be able to support you, or refer you to community paediatric therapy services.

The following website for the Paediatric therapy team may be able to provide you with information (www.hacw.nhs.uk/paediatric-therapy). Here you will also find contact details for your local health centre, alternatively you can email

whcnhs.paediatricphysio@nhs.net and the team will get back to you as soon as possible.

Other useful resources to support all aspects of development:

- www.eismart.co.uk
- www.bbc.co.uk/tiny-happy-people

Awake Time Ideas

Scan the QR code or go to:

www.apcp.csp.org.uk/documents/parent-carer-leaflet-awake-time-ideas



Information on Baby Walkers

Scan the QR code or go to:

www.apcp.csp.org.uk/documents/parent-carer-leaflet-baby-walkers-are-they-necessary



Useful numbers/contacts

Neonatal Unit: 01905 760661

Feeding support helpline on TCU: 01905 760663

Useful apps

Baby Check app

www.lullabytrust.org.uk/safer-sleep-advice/baby-check-app/



Baby Buddy app

www.bestbeginnings.org.uk/baby-buddy



Links to other support networks:

Although most parents are relieved to be going home after spending ANY amount of time within Neonatal Services, your experience of that time might affect you in unexpected ways. If you or your partner appear to be struggling to manage aspects of this experience, it might be a time to look into getting some support to help you manage your feelings.

We have a Neonatal Services page on the Trust website with information and links that you may find useful. You can access it by going to <https://www.worcsacute.nhs.uk/neonatal/> or scanning the QR code on the right.



- AiMH UK Association for Infant Mental Health - Getting to know your baby videos: aimh.uk/get-to-know-your-baby/
- Brazelton Centre UK: [Understanding baby behaviour](http://Understandingbabybehaviour)
- Fatherhood Institute: fatherhoodinstitute.org/2021/becoming-dad/

Useful websites



Online course for parents:

Understanding your preterm or sick baby now you're home
<https://inourplace.heiapply.com/online-learning/course/125>

BECOMING FAMILIES – Education | Support | Wellbeing

Becoming Families is Worcestershire's only local charity nurturing and supporting families from pregnancy through to 2 years old – the crucial first 1001 days.

<https://www.becomingfamilies.co.uk>

What 3 Words

Every 3m square has a unique 3-word address, reducing confusion in dense or rural areas. This is useful if you ever need to call for an ambulance or other emergency help. You can find your 3-words by visiting the website:

<https://what3words.com/>

Write the words below so you don't forget.

My 3 words are:

FOLLOW US ON SOCIAL MEDIA!



Does your baby have bronchiolitis?

What is Bronchiolitis?

- Bronchiolitis is an infection that causes the tiniest airways in your child's lungs to become swollen. This can make it more difficult for your child to breathe:
- Bronchiolitis is caused by virus infections.
- It is common in winter months and usually only causes mild cold like symptoms.
- Most children get better on their own.
- Some children, especially very young ones, can have difficulty with breathing or feeding and may need to go to hospital.

What are the symptoms?

- Your child may have a runny nose and sometimes a temperature and a cough.
- After a few days your child's cough may become worse.
- Your child's breathing may be faster than normal and it may become noisy.
- He or she may need to make more effort to breathe.
- Sometimes, in the very young babies, bronchiolitis may cause them to have brief pauses in their breathing.
- As breathing becomes more difficult, your baby may not be able to take their usual amount of milk by breast or bottle.
- You may notice fewer wet nappies than usual.
- Your child may vomit after feeding and become miserable.

How long does Bronchiolitis last?

- Most children with bronchiolitis will seem to worsen during the first 1-3 days of the illness before beginning to improve over the next two weeks. The cough may go on for a few more weeks. Antibiotics are not required.
- Your child can go back to nursery or day care as soon as he or she is well enough (that is feeding normally and with no difficulty in breathing).
- There is usually no need to see your doctor if your child is recovering well. But if you are worried about your child's progress or they have a high temperature >38 celcius they should be seen by a health professional, Health Visitor, Practice Nurse or GP or contact NHS 111.

This guidance is written by healthcare professionals from across Hampshire, Dorset and the Isle of Wight.

For more information visit www.what0-18.nhs.uk

NOTES



How did we do?



Family and Friends test:



feedback for us

It would be really useful to us if you could complete a "Family and Friends" test when you are home, to tell us about your baby's stay, what we did well, and what we could improve.



**SCAN
HERE**

To be taken to the
Family and Friends
feedback test