

Parent Passport



Heading Home Together

Infant's Name:

DOB:

Gestation at Birth:

Referring Unit:

Welcome to our Neonatal Unit

Dear Parents,

Congratulations on the birth of your precious baby/babies! We are delighted to welcome you to our Neonatal Unit. This is a special place where your baby will receive the highest standard of care from our dedicated and experienced team. We understand that this may be a time of mixed emotions for you, filled with joy and excitement, but also some anxiety and fear. Rest assured, we are here to support you and keep you informed throughout your journey from admission to discharge with us.

We embrace the Family Integrated Care (FiCare) philosophy, which encourages parents to be actively involved in their baby's care, where you are seen as partners in the care of your baby with the neonatal team. This approach helps to strengthen the bond between you and your baby, promotes better health outcomes and supports your confidence and skills in caring for your little one.

This 'Parent Passport' will help facilitate your own level of involvement and will serve as a guide and record of your journey, achievable at a pace suited to your needs. It includes important information about your baby's care, milestones and progress, as well as educational resources and tips for caring for your baby.

We recognise this can be a challenging time. You are not alone. Our entire team is here to support you and your baby. We are honoured to be part of this journey with you and look forward to working with you as '*Partners in Care*'.

Warmest Regards,

Your Neonatal Unit Team.

What happens if my baby is born sick or premature?

If your baby is born sick or premature and needs to be admitted to a Neonatal Unit, it is important to understand the different levels of care available across Northern Ireland. Each neonatal unit is designed to provide specific types of care based on your baby's needs which means you may have to travel to a different hospital. For some families this will include the Republic of Ireland and England.



Neonatal Intensive Care Unit (NICU) - Belfast

This unit specialises in caring for extreme preterm infants born less than 27 weeks of gestation and the most seriously ill newborn babies.

Local Neonatal Units (LNUs) - Altnagelvin, Antrim, Craigavon and Ulster Hospitals

These units provide care to preterm infants born after 27 weeks of gestation who require complex care medical support.

Special Care Units - Daisy Hill and South West Acute

These units are designed for babies born closer to their due date but require some medical support for less severe health issues, supporting babies to develop and grow.

‘Getting the right care, at the right time, in the right place’

If your baby requires a level of care that is not provided at your local hospital you will be transferred either before your baby is born, or your baby will be transferred by a specialised neonatal team (NISTAR) soon after they are born in a highly equipped transport incubator.

Most babies will be repatriated back to their local hospital trust by NISTAR when their condition, care allows and when a cot is available.

NISTAR understands the emotional stress parents face during their baby's transfer. The team provides information and support to parents. They will ensure they are informed about the process, kept updated and be reassured that their baby is in capable hands to reduce anxiety during this time.



Early Days

Getting to know the Neonatal Unit.	Unit	Unit	Unit
	Parent	Parent	Parent
	Sign/Date	Sign/Date	Sign/Date
Staff have welcomed you to the unit and updated you regarding your baby and the equipment/monitors around them.			
Staff have informed you of the importance of good hand hygiene using soap, water and hand gel to prevent infection.			
Staff have informed you of the infection prevention policy, including bare below the elbows			
Staff have orientated you to the facilities available for parents on the unit and you have received relevant information packs and unit contact details.			
Staff have discussed the daily routine of the unit, including ward rounds and visiting policy.			
Access to car parking/pass and meals/voucher were applicable.			
Staff have introduced you to the multidisciplinary team looking after your baby.			
I understand were possible I can be present on ward rounds and have an active role in discussing my baby's plan of care.			
Staff have informed me how to proceed if I have a problem or complaint.			

Expressing Breast Milk

Understanding the importance of early expression of Human milk post delivery.	Unit Yes/No Sign/Date	Unit Yes/No Sign/Date	Unit Yes/No Sign/Date
I have been given an expressing pack and it has been explained to me by a professional.			
I have been informed of the importance of early expression and providing <i>buccal colostrum</i> and its importance for my baby's development.			
I have received bonding shapes and understand the importance of using them.			
I have been provided with the use of a pump and staff have explained how to set the controls to optimise expression.			
I know how to wash, rinse and sterilise my pump, expression kit and return to the storage area if required.			
I can label correctly, store and transport my milk and I have received a cool bag.			
I have been informed of and understand the importance of expressing 8-10 times in 24 hours including night-time between 2-4 am			
Staff have informed me how to document, follow and assess my lactation and milk volumes.			
I know how to seek further help and support from the neonatal team/peer support.			

There is no pressure to complete all the above, as not all these skills will be applicable to you/your baby.

Caring for your baby

If you are involved in your baby's care as much as possible you will be more prepared for going home.	Demonstrated by staff Sign/Date	Performs with staff support Sign/Date.	Performs independently Sign/Date
I can provide skin/eye care assessing for signs of pressure injury.			
I can provide mouth care/positive oral touch.			
I can change my baby's nappy.			
I understand how to keep my baby warm.			
I can assist with applying oxygen saturation probe.			
I can recognise an ' <i>apnoea</i> , <i>bradycardia</i> ' and a ' <i>desaturation</i> ' and call for immediate help.			
I can make my baby's bed/nest.			
I feel comfortable taking my baby in and out of the incubator/cot with assistance from a staff member.			
I know how to bath (swaddle) my baby and how to test water temperature with support.			
I can dress/undress my baby.			

There is no pressure to complete all the above, as not all these skills will be applicable to you/your baby.

Feeding Journey

‘Our team will support you at a pace that suits you and your baby’.

Involved with your baby’s feeds and encouraging them to suck supports their long-term feeding.	Demonstrated by staff	Preforms with staff support	Performs independently
Sign/Date	Sign/Date	Sign/Date	Sign/Date
I know how to position/reposition my baby for feeding, pacing and monitoring for signs of distress.			
I understand the importance of non-nutritive suck.			
I have completed parent competencies for enteral feeding.			
I know how to sterilise my baby’s feeding equipment.			
I am aware of feeding readiness cues and signs that my baby is hungry.			
I know how to position my baby at the breast and recognise effective attachment and signs of milk transfer.			
I understand when my baby is satisfied and how often he/she needs to feed.			
I know how to safely prepare alternative milk if my baby is not breast feeding.			
I know how to safely support my baby to feed if breast feeding is not my preferred choice.			

There is no pressure to complete all the above, as not all these skills will be applicable to you/your baby.

Knowing your baby

Understand the basics of developmental supportive care and its importance for your baby's developing brain.	Demonstrated by staff Sign/Date	Performs with staff support Sign/Date	Performs independent Sign/Date
I understand the impact of noise, light, smell and touch on my baby.			
I understand the signs of stress, discomfort and pain.			
I understand how to provide comfort/containment supportive positioning.			
I understand the principles/benefits of skin-to-skin and infant/parent bonding.			
I have held my baby and practised 'Kangaroo Care'.			
I understand the importance of uninterrupted sleep and clustering cares.			
I understand the signs my baby is ready for interaction.			
I can support my baby's motor development through positioning and moving.			

There is no pressure to complete all the above, as not all these skills will be applicable to you/your baby.

Making Progress

Preparing early so you are ready for your baby to come home.	Completed	Sign/Date
I have registered my baby's birth - <i>if parents are not married and fathers name is not on birth certificate, legally only mum has parental consent.</i>		
I have registered my baby with a GP and updated the unit with information.		
My house is ready to welcome my baby home.		
I have my 'Red Book' - Child Health Record available on unit for staff to update - including immunisations.		
My baby is in an open cot.		
My baby no longer requires monitoring		
I have completed basic life support where available.		
I have completed all parenting sessions in preparation for going home.		
My support network are aware that my baby will be coming home soon and what they can do to help me.		
I have received discharge script for prescribed formula if required to use at home.		

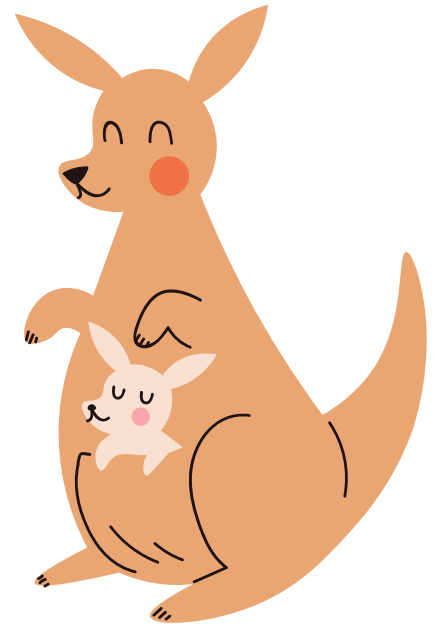
There is no pressure to complete all the above, as not all these skills will be applicable to you/your baby.

Heading Home Together

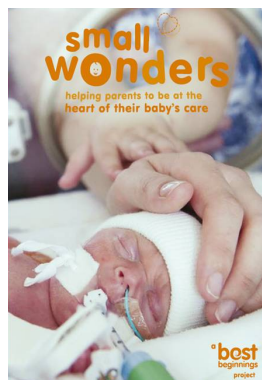
Discharge Checklist.	Completed	Sign/Date
I have been given a copy of my discharge summary.		
I know how to access feeding support in the community.		
I am aware of post discharge support and how to access it - GP/Health Visitor.		
I understand my baby's follow up and have received a review appointment.		
My baby has completed their hearing test and details recorded in ' <i>Red Book</i> '.		
My baby has received eye screening and I have received a follow up review appointment as required.		
My baby's blood spot test are up to date and recorded.		
My baby's final checks have been completed and documented in their ' <i>Red Book</i> '.		
I understand and I can administer all discharge medication. Discharge script has been forwarded to GP accordingly.		
I have discussed with staff ' <i>Birth to Five Book</i> ' including - <i>car seat safety, safe sleep, immunisations, tummy time, weaning and common illness.</i>		

Neonatal Unit Contact Information:

Neonatal Unit	Contact Numbers
Altnagelvin	028 71 611 212
Antrim	028 94 424 865 028 94 424 170
Belfast	028 96 150 570 028 96 150 560 028 96 156 591
Craigavon	028 37 562 305 028 37 562 307
Daisy Hill	028 37 562 760
SWAH	028 66 382 013
Ulster	028 90 567 997



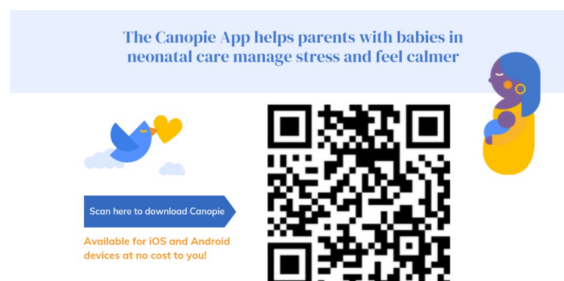
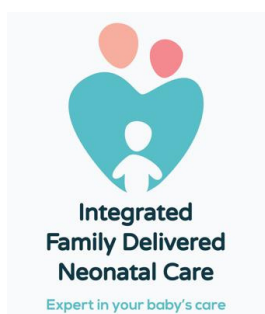
Further information



Small Wonders are 12 bite-size films following families and their journey in neo-natal units.



FiCare
Padlet



Feeding
Padlet