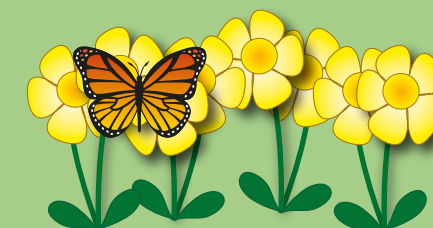


Baby name:

Date of Birth:

Parent(s) name(s):

Our Journey Together



A winding path made of colored stones (pink, blue, yellow) leads through various skill acquisition boxes. The path starts at the top left, goes right, then curves down and left, then right, then down and right, ending at the bottom right. Each box contains a title, checkboxes for 'Parents learning' and 'Parents ready', and a 'Date' field.

Breast milk and expressing
☐ Parents learning
☐ Parents ready
Date

Calming and soothing
☐ Parents learning
☐ Parents ready
Date

Mouth care
☐ Parents learning
☐ Parents ready
Date

Kangaroo care
☐ Parents learning
☐ Parents ready
Date

Non-nutritive sucking
☐ Parents learning
☐ Parents ready
Date

Feeding cues
☐ Parents learning
☐ Parents ready
Date

Tube feeding
☐ Parents learning
☐ Parents ready
Date

Breast feeding
☐ Parents learning
☐ Parents ready
Date

Bathing
☐ Parents learning
☐ Parents ready
Date

Temperature control
☐ Parents learning
☐ Parents ready
Date

Nappy changing
☐ Parents learning
☐ Parents ready
Date

Top and tail
☐ Parents learning
☐ Parents ready
Date

Dressing
☐ Parents learning
☐ Parents ready
Date

☐ Parents learning
☐ Parents ready
Date

Bottle feeding and making up feeds
☐ Parents learning
☐ Parents ready
Date

Giving meds
☐ Parents learning
☐ Parents ready
Date

☐ Parents learning
☐ Parents ready
Date

Safe sleeping
☐ Parents learning
☐ Parents ready
Date

Confident for home
☐ Parents learning
☐ Parents ready
Date

Follow up arrangements
☐ Parents learning
☐ Parents ready
Date



Our Journey Together



For parents

Our Journey Together is a pathway for your use. You and the nurses will fill it in together and you can take it home when you leave with your baby.

This pathway is designed to help you feel confident and comfortable in caring for your baby while you're in hospital and when you go home.

If your baby's nurses haven't talked to you about the pathway in the first few days of your stay, you can ask them about it, especially about starting to learn about some of the items at the beginning of the pathway.

Each stepping stone on the pathway is an item of care that you may be taught during your baby's stay. The top box on each stone ('parents learning') will be ticked when you are taught the care and the bottom box ('parents ready') will be ticked when you are comfortable providing the care on your own.

The stepping stones are ordered loosely from items that can be learned soon after admission to those that need to be taken care of before you go home. It is important to know that:

- Not all stepping stones may apply to you or your baby's needs.
- Your baby may have additional needs for cares that aren't listed- the blank stepping stones can be used for this purpose.
- You may learn the skills in a different order to that shown.

[Terms used in the pathway](#) (your baby's nurse will give you more detail about these activities as you go along)

Breast milk and expressing: speak to your baby's nurse about how breast milk can help your baby and how best to express milk in the days and weeks ahead.

Calming and soothing: using the positive touch of your hands to nest or contain your baby's head and legs, speaking in a soft voice, quietly reading or singing.

Mouth care: wiping inside your baby's mouth with a swab moistened with water or breast milk and lubricating the lips with Vaseline.

Kangaroo care: skin to skin holding of a baby on the chest of either parent.

Non-nutritive sucking: offering a dummy to encourage feeding reflexes and to soothe.

Feeding cues: watching your baby's behaviour for readiness to suck feed.

Tube feeding: giving your baby milk through a tube into their stomach.

Top and tail: cleansing your baby's face, ears, neck and nappy area only.

Temperature control: learning what is the best temperature for your baby and their environment and how to achieve this.