



Wee Wonders - Neonatal Follow Up Group

What to expect after your baby is discharged from the Neonatal Unit.



Neonatal Follow Up Team
Simpsons Special Care Baby Unit
Royal Infirmary Edinburgh
0131 536 1000

What is Wee Wonders?

Wee Wonders Neonatal Follow-up Group meet once a week for 6 weeks. Each session lasts an hour and includes a talk and practical skills session on a topic related to preterm health and development. We finish off with tea, coffee and chat.

Wee Wonders gives you the opportunity to learn about your baby's development and meet other parents who have also spent time on the Edinburgh Neonatal Unit with babies born between 32 and 34 weeks gestation.

Why does my baby need Follow Up?

Babies born between 32 and 34 weeks may require support with their development. By providing advice and guidance when babies are very young we can reduce the chances of long term challenges caused by being born early.

The group aims to empower and support parents in all aspects of your baby's development. You will have the opportunity to ask questions about your baby and share any concerns you may have.

Having a preterm baby often means missing out on antenatal classes. Other parents have told us they often feel lonely and like "no-one else understands". Wee Wonders offers an opportunity to meet other parents with similar experiences.

Who we are

The Wee Wonders team consists of Allied Health Professionals (AHP's) and nurses who are trained in the development of babies and children. We are also supported by the Aberlour Trust who practical and emotional care and support.



What we do

Our aim is to support infants and young children who have spent time on the Neonatal Unit, during the early stages of their development.

- We provide early assessment and intervention
- Offer advice and support
- Refer on to community services as needed
- Provide a single point of contact for any developmental concerns.

We offer a welcoming and relaxed environment where parents and babies can share experiences while learning about preterm development.

Attending clinics

You will have an appointment with a doctor around six weeks after your baby goes home from the neonatal unit.

Attending Wee Wonders

Attendance at “Wee Wonders” forms an important part of your baby’s follow up. You will be invited to attend for the 6 weeks before your baby is 5 months old.

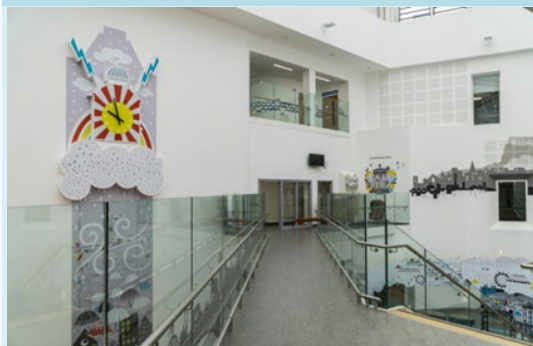
Wee Wonders is held in the Royal Hospital for Children and Young People in the Therapies Department. This is on the first floor of outpatients.

Scan the QR code for a map:

<https://children.nhsllothian.scot/interactive-map/>



This is a safe and comfortable place to meet. Tea, coffee and snacks will be available. You can feed and change your baby as needed during the sessions.



Parking

Parking is available on site in Car Park 1B.

If your child has extra equipment (such as oxygen) you can book proximity parking in Car Park 1A and 1D.

Call 0131 537 3333 and select option 5 to book. More information can be found on the RHCYP Website.

Weekly sessions

There will be lots of opportunities to chat and ask questions. Each session will be based around the needs of the families attending. Topics for the sessions are;

- Community Nurses will cover resuscitation training and managing common illnesses
- Dietitians will discuss ensuring your baby gets the right nutrition and weaning
- Occupational Therapy will focus on early play and sensory activities and any aspects of parenting skills you find challenging
- Physiotherapists will talk about supporting your baby's motor milestones
- Aberlour Trust will provide parental support and wellbeing
- Speech and Language Therapy will talk about early interaction and developing language.

Practical sessions

These sessions can be chosen by the group. Subjects include:

Baby wearing

Baby massage

Play and tummy time

Positioning and sitting

Early interaction.

Follow Up Pathway

Discharge from the NNU



Upload a video of your baby at their due date to v-create



appointment with doctor at RHCYP
approximately 6 weeks after leaving
NNU



Attend 6 weeks of "Wee Wonders" once
a week



Upload a video to V-create between 12
and 16 weeks from due date. You will
receive a letter telling you the outcome
of the video



Appointment with doctor in
clinic 9 and 15 months from
due date



Attend
Developmental
Follow Up clinic

**We may ask
community
staff to support
you at home if
needed.**

**We will provide
play advice and
ideas to support
your baby's
development at
every
appointment**



Contact us:

If you are unable to attend any of the sessions, please let us know.

You can send us photos and videos of any developmental concerns you may have on your follow up vCreate account.

We are always open to suggestions on how to improve our service.

LothNeonatalFollowup@nhs.scot



The Neonatal Follow Up Team **is NOT an emergency service**. If your child requires urgent medical attention please seek advice from your GP or go to the nearest Children's Accident and Emergency Department. You might need to **dial 999 in an emergency**.

You can find out more about going home and follow up on the Bliss Website:

www.bliss.org.uk



Notes/Questions
