

Welcome To Our Neonatal Unit



Congratulations on the birth of your baby!

Dear Family,

We would like to welcome you to our neonatal unit and wish you congratulations on the birth of your baby/babies. We understand that this might be a worrying and anxious time for you so we hope this welcome pack will help to answer some of your questions and guide you through the start of your neonatal journey. However, please do not hesitate to speak to a member of the neonatal staff whenever you have any questions. We are here to support you throughout your time in the neonatal unit.



Neonatal Unit Mission Statement

We continually strive to provide the highest quality individualised neonatal and family-centred care.

We follow evidence-based, guideline-led practice. We respect and maintain patient privacy and confidentiality.

We welcome family feedback to help guide service improvements.

NHS Lothian seeks to ensure working conditions for staff are safe and have a zero-tolerance policy for violence and aggression. Thankfully, aggressive behaviour towards staff is rare on the neonatal unit.

We promise to treat families with respect and dignity and in return we expect the same from parents, guardians, and visitors.

We are committed to achieving the best outcome for all patients and families.

Thank you.

Useful Numbers

Main reception: 0131 242 2601 / 2602

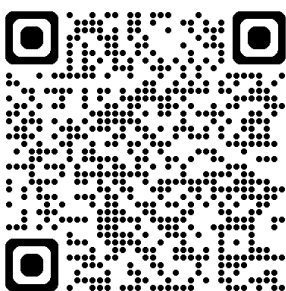
Blackford / Salisbury Nursery: 0131 242 1045

Braids Nursery: 0131 242 1026

Calton Nursery (Special Care): 0131 242 2596

Neonatal Unit Website

We have our own neonatal unit website. This site will take you through many of the topics covered in this booklet in more detail. However, it is also a great resource for other services and essential information when your baby is admitted to the neonatal unit.



<https://services.nhsllothian.scot/neonatalunit/>



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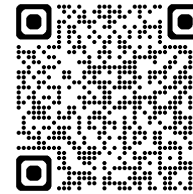
Babies are admitted to the Neonatal Unit (NNU) for many different reasons, and this would determine whether they need Intensive Care, High Dependency Care or Special Care. Our nurseries are Blackford, Salisbury, Braids and Calton.

Prior to the birth of your baby you may have had a discussion with a member of the medical team about your baby's admission to the Neonatal Unit and what level of care your baby may need. We appreciate that it can be scary and overwhelming seeing all the equipment used in caring for your baby. This should all be explained to you by the staff at the cot side, but please feel free to ask any questions about this at any time.



Simpsons Special Care Babies – Neonatal Unit Tour

www.sscb.org/parent-care-in-neonatal-unit/virtual-tour-simpson-neonatal-unit



Simpsons Special Care Babies – Explaining Equipment

www.sscb.org/parent-care-in-neonatal-unit/equipment-used-in-neonatal-care

NNU Staff

We have a very large number of staff working in the Neonatal Unit. Each member of staff wears different uniforms in order to be more identifiable when they are on the unit. Here are some examples of the uniforms you might see.



Clinical Nurse Manager



Consultant



Senior Charge Nurse



Nurses, Nursery Nurses,
Doctors



Student Nurse



Housekeepers



Allied Health
Professional (AHP)



Ward Clerks and
Domestic Staff

Staff in plain clothes are identified by their staff ID badge, e.g. Clinical Psychologists and surgical staff outside of theatre.

Please feel free to also take a look at our uniform identifier board near the entrance of the unit. This will help identify staff and their roles.



NNU Routine

The neonatal unit is such a busy area with large numbers of staff and there is always a highly skilled team working in shifts helping you to care for your baby.

Nursing handovers take place at 07:15 and 19:15.

Medical handovers take place at 08:30 and 20:30.

Consultant handover takes place at 17:00

Morning ward rounds with medical, nursing staff and AHPs can vary in time due to medical teaching but will start from 09:00 onwards.

In working as partners in care with parents we always encourage parents to join the ward rounds as much as possible. This way you can share any thoughts or concerns you may have, and questions can be answered. However, don't worry if you cannot always attend ward rounds. Nursing staff can provide update when you arrive on the unit and discussions with medical staff can be arranged at a mutually convenient time.

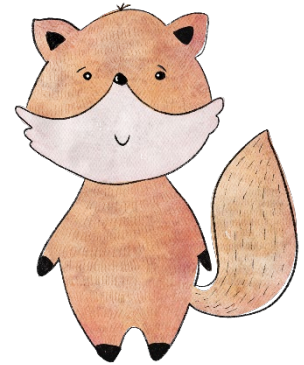


Visiting

Parents are not visitors, and you are welcome on the unit at any time. Please feel free to come and go as you like to spend time, care for and be with your baby.

Two parent passes will be given to you on admission to the NNU. This enables your 24/7 access to your baby. If you are a single parent, then a 2nd parent pass will be given to you to give to a relative of your choosing. This relative must remain the same throughout your stay.

Siblings: We also welcome siblings of the baby onto the unit at any time, but they must be accompanied by an adult at all times. A sibling pass will be provided by staff.



Visitors: You will be given two visitor passes on admission for two visitors per day. Visiting times on the NNU are between **2pm-6pm**.

Children under the age of 16 who are not a sibling are not able to visit the unit. It can become busy during visiting times, and we want to keep a nice quiet relaxed environment for your baby, so we ask that there are no more than 3 people at the cot side at one time.

When visiting the NNU we please ask:

Hang up jackets and other outdoor clothing on the hooks outside the nurseries.

Wash your hands up to elbows on entering the nursery and remove all watches and jewellery apart from wedding bands. Please keep long sleeves rolled up. This helps us to maintain vital infection control in the NNU.

When not using your mobile phone please place in the grey mobile phone tray found in your baby's space. Please use alcohol gel between using your mobile and handling your baby.



Infections in the newborn period

Babies can be born with infection or can develop an infection from bugs they encounter during the delivery process or from other people and the environment.

Babies in the neonatal unit are often particularly vulnerable to infection:

- preterm babies have immature immune systems
- extremely preterm babies may have very thin skin so don't have a good barrier to infection
- preterm and sick babies often need blood tests, lines and tubes which allow bugs to get into the body and cause infection.

Infection in newborn babies can be very serious. If your baby shows signs of possible infection, the medical team will take some tests and start your baby on antibiotics as quickly as possible. Staff will keep you updated regularly.

Staff in the neonatal unit pay very careful attention to preventing infection by performing hand hygiene regularly, making sure that procedures are carried out as cleanly as possible and kept to a minimum.

Parents, families and visitors have a vital role to play in this too by always following infection prevention guidance and by not visiting if unwell. If you are not sure about any aspect of infection prevention, please ask the team looking after your baby.

During your time in the NNU if you have any of the following symptoms, we would ask you not to visit during that period:

- skin rash / chickenpox
- temperature
- cough
- sore throat
- runny nose
- any other cold symptoms
- diarrhoea
- vomiting.

Thank you for your understanding.



Facilities and accommodation

Kitchenette

We have a small kitchen on the neonatal unit with tea and coffee making facilities, fridge for storing food you may bring into the unit, microwave and toaster. There is milk, bread and juice as well as coffee and tea available.



Family sitting room

There is a waiting area at the entrance of the NNU but we also have a sitting room with dining table, sofa and lockers for parent use. Please ask at main reception about locker keys.



Accommodation

We have 2 double ensuite bedrooms on the NNU, as well as 4 further bedrooms off the unit. These bedrooms are assigned case by case by your baby's nurse or nurse in charge depending on levels of priority. But we will always work to accommodate as many families as fairly as possible between all our available rooms.



We can also offer parents to "room in" with their baby. This supports you to care for your baby and enables you to become more confident and reduce unnecessary separation. This care is carried out in our 4 bedded "rooming in" bay or double bedrooms on the neonatal unit.

A baby staying in the "rooming in" bay is decided on a few factors including, the baby's wellness and readiness as well as your ability to stay with them. When your baby is ready for this, it will be discussed with you by nursing and medical staff.



Hospital facilities

Canteen

Breakfast: 07.00-10.30

Lunch: 11.45-14.00

Supper: 16.00-19.30

Coffee shop at canteen open daily

Aroma coffee shop open daily till 3pm.

Marks and Spencer

Mon-Fri 06.00-21.00

Sat & Sun 07.00-20.30

WHSmith

Mon-Fri 06.30-21.00

Sat & Sun 08.00-20.00

Starbucks

Open daily 06.00-21.00

The Sanctuary / Spiritual Care Team

Spiritual care service / chaplaincy service available Mon-Fri 9am-5pm.

On call service also available.

The sanctuary area is open 24hours a day.

Royal Hospital for Children and Young People

Some eateries available with varying opening times.

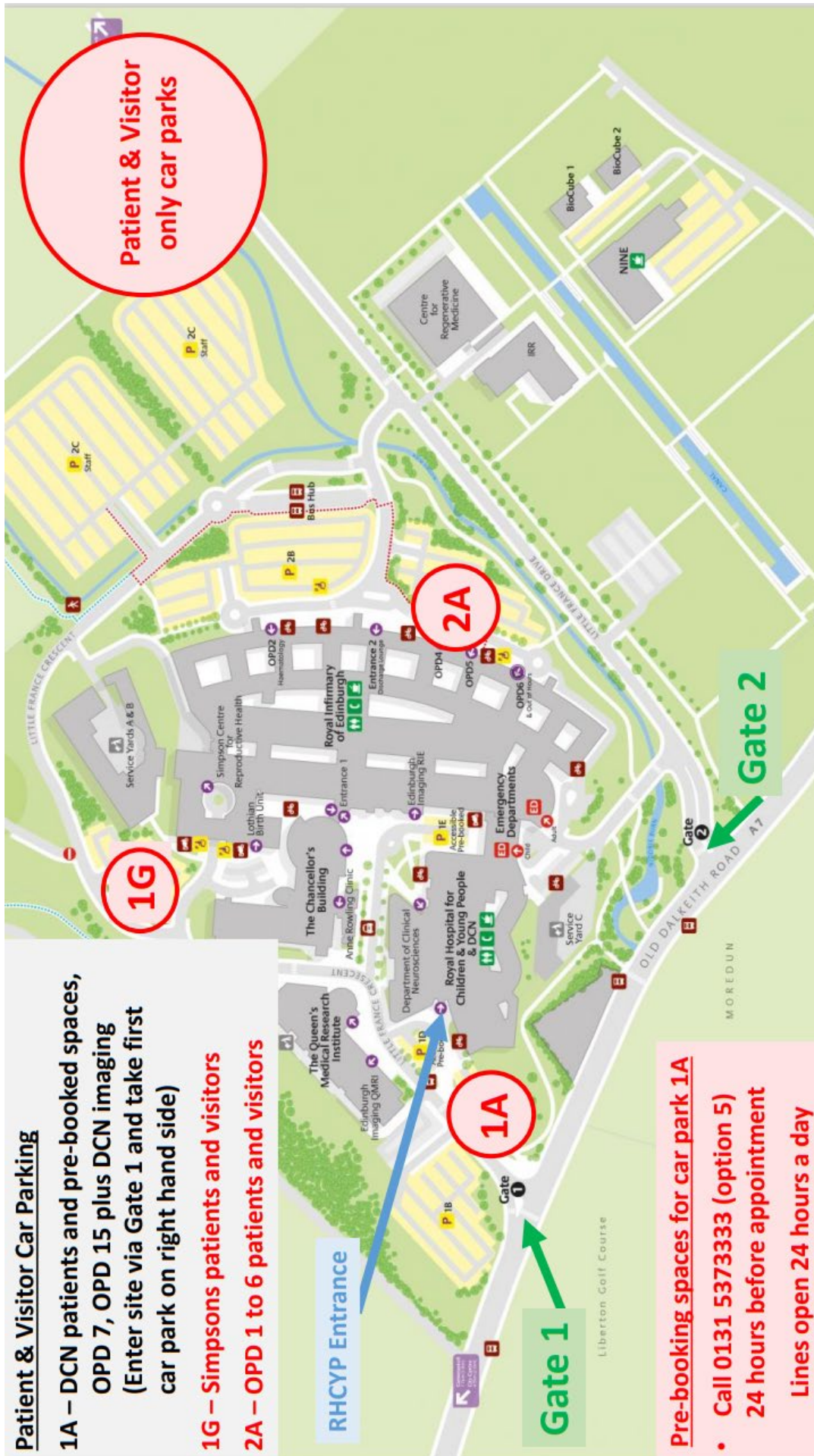
The Hub for sibling play: Mon-Fri 10am-4pm.

Parking

Free Parking on site.

Most accessible carparks – 2A + 2B outside main entrance of hospital and carpark 1G at maternity triage entrance. There are disabled parking spaces in both 2A and 2B carparks close to entrance of hospital. There are also further disabled parking spaces at carpark 1G at maternity triage.

Bus station outside main entrance. These are Lothian buses – No 7, 8, 21, 24, 48, 33, 48, 49, 400.



Family Integrated Care

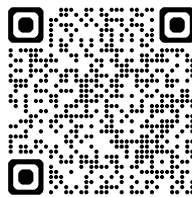
In Simpson Neonatal Unit we strongly believe in being a Family Integrated Care (FICare) unit as you are the most important people to be caring for your baby.

This means that the neonatal staff will work in partnership with parents and families to deliver the best care for your baby. We encourage parents to be at the cot side as often as possible, to participate in carrying out your baby's cares (nappy changing, oral mouthcare, bathing etc), use bonding squares, regularly, enjoy some quiet time and skin-to-skin and to read to your baby. Your baby already knows you, your smell and voice very well, so we believe in parents being partners in care throughout your time in the NNU.

The goal of FICare is to facilitate a partnership and collaboration between parents and the NICU staff, to promote parent-infant interactions, and to build parent confidence.

For more information about Family Integrated Care, please visit the website or scan QR code below:

<https://familyintegratedcare.com/about/>

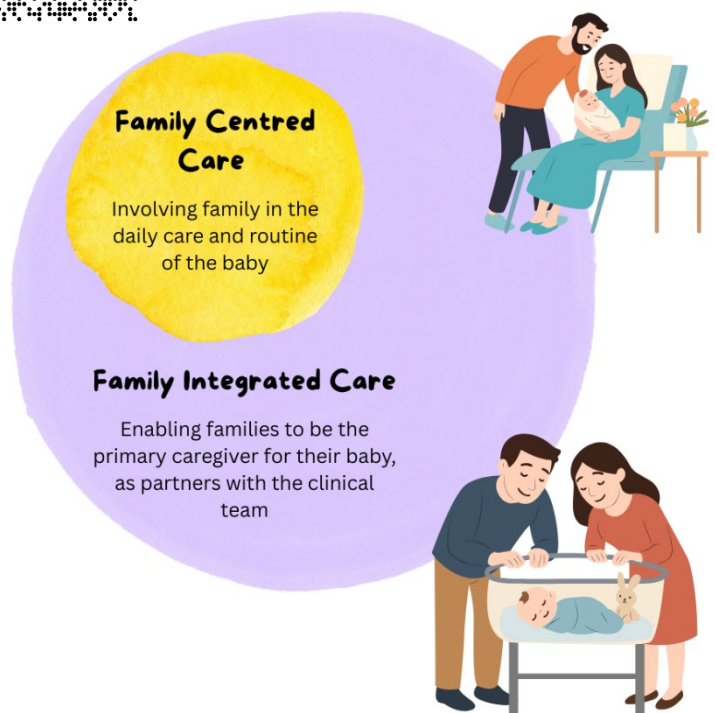
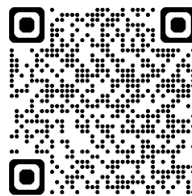


Siblings

We understand being in the neonatal unit can be a scary time for any family member, especially siblings who may not understand why their little brother or sister is being cared for in the NNU.

This short animation may help to explain what goes on in a neonatal unit:

www.youtube.com/watch?v=Sze4GPaMKbo



Bonding and spending time with your baby

Skin to skin also known as kangaroo care, involves placing a baby skin to skin against their mother or father's chest. It is important for a variety of different reasons and creates many benefits for you and your baby.

Why is it important?

- calms and relaxes both the parent and the baby
- regulates the baby's heart rate, breathing, oxygen saturations and temperature, helping them to better adapt to life outside the womb
- stimulates digestion and an interest in feeding
- enables colonisation of the baby's skin with the mother's friendly bacteria, thus providing protection against infection
- reduces cortisol (stress) levels, particularly following painful procedures
- encourages pre-feeding behaviour
- assists with growth and brain development
- Improves milk volume if the mother expresses following a period of skin-to-skin contact, with the expressed milk containing the most up-to-date antibodies
- Promotes bonding – skin to skin can be carried out by both parents and any other family member once babies are able to be held by others. We strongly encourage this to help create a strong bond with your baby.



Bonding squares

Bonding squares are provided to help with the bonding process. One square is worn by you and the other is beside your baby. These squares should be swapped whenever you are together. This helps your baby to smell your scent and you theirs. This can be particularly helpful when expressing milk for your baby.

In order to help with this bonding experience and for your baby to gain the benefit of the bonding squares it is helpful to avoid any noxious smells when wearing the squares or during skin to skin. This includes any strongly scented perfumes/deodorants, cleaning products or smoke.

Please ask a member of staff if you haven't already received a set.



Talking to your baby

From 22 weeks a baby can hear in the womb so when they are born they already recognise your voice. The stimulation of your voice will help your baby develop and bond with you.

Talking to my pre-term baby:

<https://eismart.co.uk/wp-content/uploads/2022/11/How-do-I-talk-to-my-preterm-baby-final-1.pdf>



Reading to your baby

Reading to your baby can reduce stress levels and calm your baby. It also helps them become familiar with your voice and can be a welcome distraction from the worries and practical matters of the daily care of your baby.

Reading to my baby:

<https://eismart.co.uk/wp-content/uploads/2024/09/Ei-SMART-Reading-to-Babies.pdf>

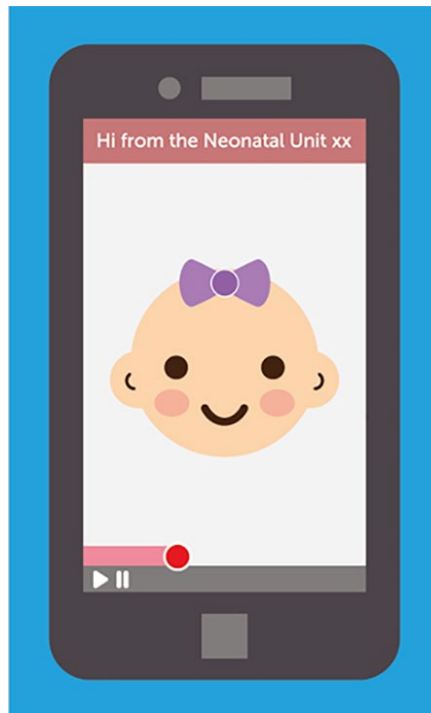


VCreate

VCreate is an NHS trusted video messaging tool we use in the Neonatal Unit to help you have as much contact with your baby as possible and have regular input into their care.

This is a video messaging tool which enables staff to send photos, videos and messages to families when you are not able to be at the cot side.

Another feature within this is “What matters to you” care plan. This allows you as parents to tell us what is important you to as a family when caring for your baby. It is also a helpful way to maintain contact with the unit when you are not able to be on the NNU.



VCreate website:

www.vcreate.tv/nicudiaries



More information can be found with QR code but please speak to the nurses looking after your baby. They will help start process of creating an account.

Feeding your baby

- Breast milk is best for your baby, as it has health benefits which continue into adulthood.
- It is tailor made for your baby and changes continually according to your baby's needs.
- It contains hormones, nutrients and growth factors to help your baby grow and develop.
- It is much gentler on your baby's gut.
- Fats in your milk are vital for the developing brain and nervous system.
- Your milk contains antibodies, helping to protect your baby from infections. Your body responds to germs in your environment and transfers antibodies to your baby through the breast milk.
- Breastfeeding stimulates oxytocin in mother and baby. Oxytocin is a hormone which induces relaxation and feelings of wellbeing and connection with your baby.

Expressing

- Once your baby is born, you will be given an expressing pack containing information and equipment to help you begin to express breast milk for your baby. Staff on both maternity wards and NNU will support you to learn this important skill.
- At first, your body produces colostrum. This is full of goodness for your baby, so any amount is very valuable!
- You will be shown how to hand express and use our electric breast pumps, available on maternity wards and NNU. Staff will give you the expressing sets needed to do this. There are multiple sizes available so please let staff know if these are uncomfortable at all.
- It is important to express 8-10 times in 24 hours, including once overnight, as this will bring your milk in. In the early days, it is normal to express small amounts or sometimes none at all, but please be assured that the stimulation is important and will encourage your body to make more.
- You are very welcome to express beside your baby as many mums produce more milk by being close to them. Nurses can provide privacy screens if this would make you more comfortable. We do also have a designated expressing room on the unit, if you would prefer to use this.



Parent Club – help with feeding your baby:

www.parentclub.scot/topics/feeding-your-baby



Bliss Charity – help with feeding your baby:

www.bliss.org.uk/parents/about-your-baby/feeding



Home Loan Breastpumps

- We have a number of electric breast pumps available for home loan and you be able to have the use of a breast pump for the duration of your baby’s stay in the Neonatal Unit.
- These home loan pumps are to support mothers with expressing whilst at home.
- The breast pumps remain the property of NHS Lothian and are provided on loan only, free of charge.
- We ask that you return the breast pump if you no longer use or upon discharge.
- If your baby remains under the care of our Neonatal Community Outreach Team (NCOT) upon discharge, you may keep the loaned breast pump until you are completely discharged from their service. Please do return this sooner if you are no longer expressing once your baby is home as we have limited numbers of pumps, and this helps other mums on their neonatal journey.
- The expressing sets you use in the hospital are the same ones used for the home loan pumps.
- You will be given instructions for use and a box for carrying your expressing equipment between home and hospital.
- Staff will show you how to assemble and wash your pump parts. Please ask your baby’s nurse if you have any questions.



Bottle feeding your baby

If you will be giving your baby bottles, this is a great time to get to know and love each other by keeping them close, enjoying skin contact and feeding responsively. Babies will feel more secure if most feeds are given by the parents/primary caregivers, especially in the early weeks and months. This will also help you to bond. Staff will support you in all aspects of this.

Infant formula and responsive bottle feeding



www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2019/04/Infant-formula-and-responsive-bottle-feeding.pdf

How to bottle feed - Vimeo



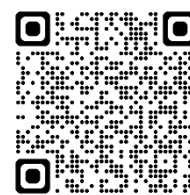
<https://vimeo.com/1025162536?msocid=1f660e332dbc63be24791a8d2c9b629b>

Formula feeding



<https://publichealthscotland.scot/media/19537/formula-feeding-how-to-feed-your-baby-safely-in-english.pdf>

How to make up formula feed – Vimeo



<https://vimeo.com/1025191808>

Nasogastric Tube (NGT) feeding your baby

When your baby is admitted to the Neonatal Unit, they are likely to have a feeding tube placed, especially if they are premature. This may be referred to either NG feeding (nasogastric - nose), OG feeding (orogastric - mouth) or simply as tube feeding. This is where a tube is passed through your baby's nose or mouth into their stomach and milk can be given via this tube.

The nursing staff at the cot side will initially be giving these feeds. However, we greatly encourage parents to be involved and learn to check the feeding tube and give your baby their feed so you can be more involved in your baby's care. We have feeding tube competencies on the unit that we encourage families to complete as early on as possible. Please speak to a member of staff about this.

Bliss Charity – Feeding tube information:

www.bliss.org.uk/parents/about-your-baby/feeding/tube-feeding



Infant Feeding Team

- Nursing staff within the Neonatal Unit are able to offer support and advice with expressing or breastfeeding and will check in with you about how things are going. Please do discuss any worries or questions you may have.
- There is also an Infant Feeding team in the Neonatal Unit who are available if you need extra support with any aspect of feeding or expressing or you experience any complications on your feeding journey.
- They can support you with establishing and maintaining your milk supply while your baby is staying with us.
- As your baby gradually progresses to suck feed, the nurses and Infant Feeding Team will work together to help you and your baby learn the skills you will need for when you go home.



The Neonatal Family Wellbeing Collaborative

Caring for your baby means caring about your wellbeing too

In addition to your medical and nursing team, family wellbeing can be supported in a number of ways during and following your baby's neonatal care in hospital including:

VCreate Neonatal check-in and advice form

You will have access to the VCreate platform as part of your baby's care in hospital. Please ask your baby's nurse if you need details of how to create an account.

On VCreate you can access this guide to consider areas that families tell us can be challenging during their baby's hospital stay. The form offers information, advice and links to resources to help at this time.

Please check-in with your baby's nurse when you have completed this. If needed they will link you in with supports to take forward any next steps.

Aberlour Perinatal Support

The team from Aberlour are based on the Simpsons unit on Thursdays. They are specially trained to offer confidential listening support in person or by telephone.

The team can also help you access additional information, advice or supports at this time. To contact the team please:

- Ask your baby's nurse or the team lead for the nursery to put you in touch,
- or telephone the team: **01620 431000** (non-urgent, Monday to Friday 9-4).

Clinical Psychology

Based with NHS Lothian's Maternity and Neonatal Psychological Interventions service (MNPI), the psychology team are available as part of your baby's care at the Simpson and St John's units. They offer confidential listening and psychological interventions to support coping.

During your baby's hospital care you can book into appointments with the team directly. To do this please check to see when the next available appointments are by:

- email: loth.mnpi.mail@nhs.scot
- or call: **0131 242 1554** to speak to the team and book.

MNPI remain available over the first year following your baby's care on the unit. They offer support for emotional health and/or parent-infant relationship issues related to experiences of maternity and neonatal care. After your baby is discharged from hospital you can self-refer by leaving a non-urgent message or enquiry on **0131 242 1554** or by email at loth.mnpi.mail@nhs.scot. Alternatively, your GP, Health Visitor or any healthcare professional can refer you to MNPI with your consent.

Spiritual Care

The Spiritual Care team offer confidential support for families whatever their beliefs or life situations. For Simpsons and St John's contact: **0131 242 1990** (Weekdays 9am-5pm).

Try to spend some time at home! Get a good night rest and a hot meal. You can't fill from an empty cup so take time to fill yours.

Be as involved as possible! Be involved with cares, ask the care team what you can be doing for your baby, attend ward rounds. It can help you feel slightly more in control.

TIPS FOR LOOKING AFTER YOURSELF

Ask questions!
Note down your questions for the care team so you don't forget them, and note down the answers so you stay informed.

Keep a diary of how you are feeling or keep a journal of your baby's progress. Noting down even one positive thing each day can help you cope.

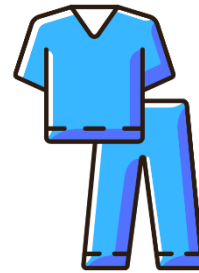


Credit: graphic adapted from bliss.com website

To get some fresh air there is a wellbeing walk sign posted around the hospital. Look ahead to a good time of the day and go for a relaxing walk. The nurses will look after your baby.

Allied Health Professionals (AHPs)

There is a team of specialist neonatal Allied Health Professions (AHPs) on the unit. We will work with you to help support your baby's growth and development now and in the future.



Dietetics

Neonatal dieticians have a specialist role in assessing and supporting your baby to meet their nutritional needs. Babies on the NNU can have high nutritional requirements especially if they have been born preterm. The neonatal dietician is trained to calculate your baby's nutritional needs, taking into consideration their expected rate of growth, their clinical situation and provide a specific nutrition plan. Ensuring your baby has the best nutrition can lead to short and long-term benefits for growth and development.



Speech and Language Therapy (SLT)

SLTs have a specialist role in the assessment and management of oral feeding and swallowing challenges in neonates. SLTs provide pre-feeding support, assessment of readiness and individualised feeding recommendations and strategies to support safe and effective oral feeding. We can support you to maximise the opportunities for interaction and communication development with your baby.

Occupational Therapy (OT)

OTs have a specialist role in working with your baby to promote developmental outcomes. This includes looking at the environment and supporting your baby in terms of their sensory, neuromuscular and neurobehavioural development. We also support parents to feel confident in getting to know their baby and what they are telling you with their behaviour. We will help to support your parenting needs on the unit in preparation for going home.

Physiotherapy

Physiotherapists have a specialist role in supporting you and your baby to help promote development. We can help guide you, as parents and care givers, to support your baby to grow and thrive.

Physiotherapists on the unit may give advice on your baby's position; activities to help their brain development; talk about the importance of skin to skin; and think about how they are developing. Neonatal physiotherapists are experts at looking at a baby's movements. They will let you know if there is anything specific you can do to help your baby very early on, this is called "Early Intervention".



If you would like to speak with any of the AHPs about your baby please speak to your nurse, the doctors on ward round or feel free to speak to us in the nurseries. You will also find us at weekly Parent Craft sessions in the rooming in bay on the unit. Information can be found on parent craft board.

Neonatal Community Outreach Team (NCOT)

The Neonatal Outreach Team (NCOT) is made up of neonatal nurses and a nursery nurse who will continue to provide support after you leave the neonatal unit. We work from both Simpsons and St. John's SCBU and cover Edinburgh and the Lothians. The care we provide can last from a few days to a few weeks depending on your baby's need.

NCOT provide education, information, and support during your stay in hospital and at home. We support families who have complex health and social needs. We provide ongoing care to babies requiring nasogastric feeds at home until they are fully established either breast or bottle feeding. We regularly weigh and revise feeding plans with you to optimise your baby's growth. We also monitor baby's jaundice level and provide home phototherapy treatment as an option. We can care for babies who need to go home on oxygen.

We work alongside different healthcare professionals to provide appropriate care to your family. Our aim is to ensure that your transition from hospital to home is as smooth as possible.

We work seven days a week (07:30-19:30) and can be contacted on 0131 2422587.

Our office is located next to parent's pantry, please feel free to come and meet the team.



NNU Documentation & Updates



Parents with parental responsibility have the right to know all that is happening to their baby. As a parent you also have a right to see your baby's medical documentation. If this is something you wish to look into further, then please speak to a member of staff and a formal meeting with one of the medical team to guide you through this can be arranged. Furthermore, if you simply wish for any private discussions about your baby's care then please speak to a member of staff.

It is also a baby's right (and that of their parents) to have information about them kept confidential from the people not involved in their care. This includes relatives and friends, and other families in the unit.

As parents you have an important role to play when decisions are made about the care and treatment of your baby. We aim to make decisions about your baby's care in partnership with you, and to keep you informed. However, in emergency situations or for minor day to day issues this may not always be possible when you are not present. Staff will update and explain to you any changes to your baby as soon as possible. If you have not come into the NNU by this point, then you will be contacted by phone.



Parent feedback

We always value the input from all families to be able to make positive changes to our unit and would actively encourage you to let us know if there is any feedback about your time here. This can either be done through NHS Lothian's Care Opinion webpage or we encourage you to complete our family experience questionnaire.



Neonatal Transport & Transferring to your local NNU

Some of the babies and families in our neonatal unit may not have started their neonatal journey with us. You and your baby/babies may have been transferred here after the birth or in some cases you may have been brought to our hospital before delivery. We understand this can make your neonatal journey more difficult and overwhelming at times but we do aim to try and help with this transition as much as possible.



Once your baby/babies are ready to be transferred back to your local neonatal unit this will be carried out by the Scotstar Transport Team. We fully understand this can also be an anxious time, especially when you may not know your local neonatal unit.

To help with this transition please see this helpful link below. You will be able to click on the neonatal unit or hospital you are being transferred to and view all the essential information necessary in getting to know your new unit. There is also a link to take you to information about the Scotstar Transport Service.

<https://perinatalnetwork.scot/neonatal/families-neonatal/>



Helpful Resources for Neonatal Families

Financial Support

Young Patients Family Fund (YFFF)

This is a Government initiative where you can claim for food or travel expenses while your child is an in-patient in hospital. You can claim for up to £8.50 per day for food and drink per family member caring for baby(s). Fuel expenses can also be claimed for.

Please keep receipts of all of these purchases and you will receive money back at cashier's office within the hospital. The form is provided in your admission pack, but please speak to a member of staff for more information to complete.

Young Patients Family Fund (YFFF) Online copy and translation into multiple languages:

www.mygov.scot/young-patients-family-fund-claim-form



Kindred Charity

This is a charity that can help and support with certain financial problems. This is supported by CHAS (Children's Hospice Across Scotland) through our Diana Nurse and family support team. Please speak to your baby's nurse for more information.

<https://kindred-scotland.org/>



CHAI - Community Help & Advice Initiative

CHAI provide free, confidential and high-quality advice, information and representation on welfare rights, housing and debt and money issues in a range of venues throughout Edinburgh.

Please speak to your baby's nurse in regard to this service.

<https://chaiedinburgh.org.uk/>



Simpsons Special Care Babies (SSCB)

Our Simpsons Neonatal Unit charity SSCB, raise money to help support the neonatal unit to provide the best possible care to the babies and their families. They are also a resource for advice and support for families going through their neonatal journey.

www.sscb.org/



Bliss Charity

Bliss, the neonatal charity are here for every step of your journey. E-mail them for confidential information and support: hello@bliss.org.uk or visit their website.

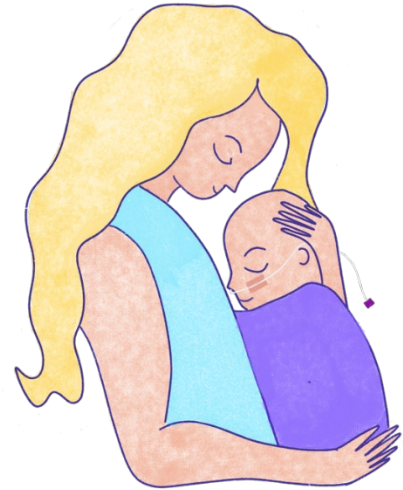
www.bliss.org.uk



More helpful links

Neonatal parents and families

- Togetherness - Solihull approach: Free NHS recommended, self-help for parents. 'Understanding your preterm or sick baby in hospital' and 'Understanding your preterm or sick baby now you're home' and more modules that span stages of child development: <https://togetherness.co.uk/learn/>
- Instagrammers Miraclemoon: www.instagram.com/miraclemoonuk/
- Best Beginning and Small Wonders short films: <http://sw6.bestbeginnings.org.uk/>
- Twins and multiples: www.twinstrust.org; www.edinburgh.twins.org
- Information and resources for fathers: www.fathersnetwork.org.uk; www.dadsrock.org.uk
- Rainbow families LGBTQ+: www.lgbthealth.org.uk/services-support/rainbow-families
- Kindred <https://kindred-scotland.org/>
- Noah's Star <https://noahsstar.co.uk/>



Perinatal mental health and wellbeing resources

- Information on perinatal mental health: www.mind.org.uk/information-support/types-of-mental-health-problems/postnatal-depression-and-perinatal-mental-health/about-maternal-mental-health-problems/
- NHS Lothian's mental health and wellbeing information pages: <https://services.nhslothian.scot/mentalhealthresources/mental-health-and-wellbeing-website/>
- Perinatal mental health peer support groups (online and face to face): www.juno.uk.com; <https://pandasfoundation.org.uk/>
- Local peer support for perinatal dads: www.dadsrock.org.uk/
- Self-help resources to support mood and wellbeing:
 - Anxiety: www.trydaylight.com/nhs
 - Mood/anxiety: www.livinglifetothefull.com
 - Sleep: www.sleepio.com/nhs

Admission Checklist

We understand that having a baby admitted to the neonatal unit can be a very overwhelming time and difficult to take in all the information which you are being told. Therefore, we have this small checklist to work through to help. Please speak to a member of staff if there is anything you would like to discuss further. We are always happy to help.

Orientation to the NNU	<ul style="list-style-type: none"> -Tour -Kitchenette / Pantry -Family room -Bedrooms if applicable -Expressing Room -Milk kitchen -Lockers -Visiting -Handwashing 	
My baby's monitoring and what does it mean?	<ul style="list-style-type: none"> -Oxygen Saturations -Heart rate monitor -Respiratory monitoring -Respiratory support <p>There are a number of wires and cables used to monitor your baby which can be a scary experience to see, so please do not hesitate to ask any questions. Please see previous link for guide to equipment.</p>	
Feeding	<ul style="list-style-type: none"> -Discussed with staff how you are planning on feeding your baby -Milk labels -Milk kitchen and freezer storage -NG tube feeding competencies 	
Caring for my baby	<ul style="list-style-type: none"> -Nappy care -Mouthcare -Skin to skin -Comfort holding / hand hugs -Tube feeding -Ward round participation -Temperature taking 	
NNU Essentials	<ul style="list-style-type: none"> - Visiting guidance - vCreate consent form - Expenses form - Bonding Squares 	

