

# Your baby, your family

You are your baby's parent, and you can get involved in a lot of their daily care. The health professionals on the unit can support you with this. **You might like to try:**



Holding your baby



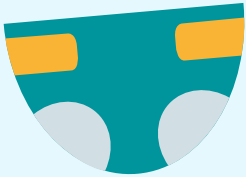
Doing skin-to-skin



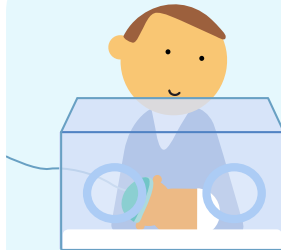
Comforting them



Feeding them



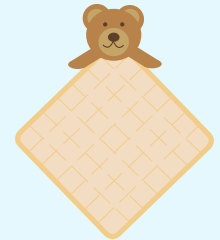
Changing their nappies



Watching them



Talking, reading  
or singing to them



Giving them something  
that smells of you

Find out more about how getting involved in your baby's care can help you and them at [bliss.org.uk/getting-involved-on-the-unit](https://bliss.org.uk/getting-involved-on-the-unit)

Registered charity no. 1002973 Scottish registered charity SC040878



**Bliss**  
for babies born  
premature or sick



# Listen to our podcast

In our second episode, hear parents sharing their experiences of getting involved in their babies' daily care on the unit and how to get more support from health professionals. Listen online now at [bliss.org.uk/getting-involved-on-the-unit](https://bliss.org.uk/getting-involved-on-the-unit)



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Bliss information on getting involved in your baby's care – next review due July 2022