

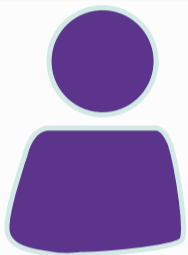


Family-centred care

Helping you to parent your baby on the neonatal unit

Your care is essential for your baby's development. Evidence shows when you are able to be fully involved in your baby's hospital care, it can improve their chances of a healthier future. This is known as family-centred care.

HOSPITAL



What you can do

- Feed your baby
- Wash and dress your baby and change their nappy
- Comfort and hold your baby
- Watch your baby and learn how they show their feelings



How health professionals can help

- Respond to your emotional needs
- Give clear information
- Make sure you understand and consent to treatment
- Support your mental health
- Help you access financial support
- Provide information if the unit is far from your home



How it can help your baby

- Reduces the length of hospital stays
- Helps you to recognise signs of pain
- Helps you bond with your baby
- Reduces stress in your baby
- Improves your confidence
- Improves your baby's chance of a healthier future