

Getting Ready for Home Information for parents



Congratulations, it's nearly time to take your little one home from the neonatal nursery. For some this will be after many weeks in hospital, for others not as long.

Before you finally get home, here is some information to make sure you have everything ready before the 'big' day.

Do you have a safe place for your baby to sleep?

It's important that you follow safe sleeping practises once you go home. SIDS & Kids WA guidelines recommend your baby sleeps on their back in their own cot with feet near the bottom. The covers should be tucked in and only come up to your baby's shoulders. The cot mattress should be clean, firm, well fitting and flat. Items such as soft toys, cot bumpers, sleep positioners or sheepskins can create a suffocation risk so should never be put in the cot (*See picture page 4*).

We also do not recommend that your baby wears a hat indoors. Your baby should never be left to sleep in a pram or bouncinette.

More information about safe sleeping is available on the SIDS & Kids WA website www.sidsandkidswa.org and in your baby's purple Child Health Record.

Car safety

You **must** have a car seat (suitable for newborns) fitted correctly in your car before you go home. If you are unsure how to do this you can make an appointment at Kidsafe which is located on Thomas Street on the PMH site.

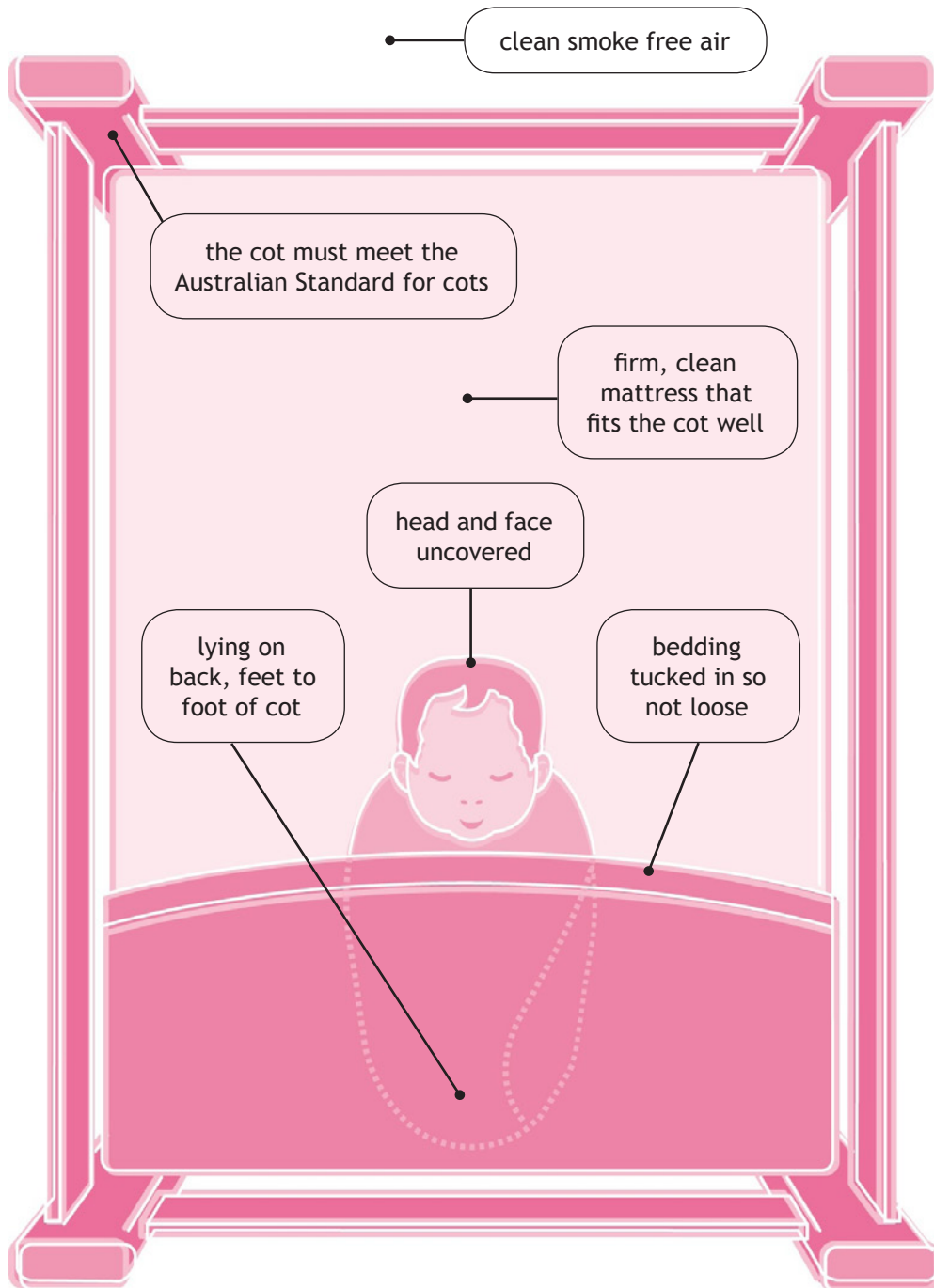
Ph: (08) 9340 8509

Website: www.kidsafewa.com.au

Feeding your baby

If you are breastfeeding, remember to return your breast pump to the milk room before you go home. If you have frozen breast milk stored in the nursery, bring an esky so that you can transport this home safely.

If you are planning to artificially feed, please make sure you have been to the formula talk which is given every Tuesday at 1.00pm in the milk room. Please ask your nurse or the milk room staff to make the booking for you.



CPR training

CPR training is available to all parents and carers twice a week on Thursday at 1.30pm and Sunday at 2.00pm. Places are limited so please book early. This service is provided free of charge. If you are unable to attend one of these sessions you can access a similar service from the Red Cross but there will be a charge.

Parent craft

You may be offered a chance to parent craft with your baby for a night before you go home. This will help you to become more comfortable with looking after your baby on your own.

Our parent craft rooms are located next to SCN 2 West. You can begin parent craft from 12 noon and will need to leave by 10.00am on day you go home.

Only one parent is able to stay in the parent craft room and the visiting restrictions in the nursery still apply to the parent craft rooms and lounge.

Each room has a single bed, private bathroom, television and telephone (for incoming calls only). Please bring your own toiletries; towels are provided. There is no charge for this facility.

Your baby will be provided with items such as clean linen, nappies, bottles, a dummy etc. You will need to bring suitable clothes and wraps to take him/her home in. We recommend a singlet and a jumpsuit plus a cardigan (depending on the season).

Meals are provided while you are parent crafting, please inform your nurse if you have any special dietary needs. If you want a hot drink you need to go downstairs into the parent lounge located near SCN 3.

Meals will be delivered outside the parent lounge of 2 West daily.

Breakfast: 8.00am Lunch: 12.30pm Dinner: 5.30pm

If you need car parking while you are parent crafting, you will need to contact the Physical Resources Department on (08) 9340 1344, Monday to Friday between 8.00am and 4.00pm to arrange a parking permit. They will need your car's details. If you have any problems please see the ward clerk who will assist you.

Getting ready to go home

On the morning you go home, the nurse assigned to you will make sure that your baby has been weighed and its head circumference and length have been recorded. The nurse will check all the paperwork and will give you your baby's purple Child Health Record. You should keep this book in a safe place as you will need to take it with you every time you visit a doctor or health professional so information about your baby's health can be recorded.

If your baby has already had its first course of immunisations (at eight weeks) he/she will require another one before discharge. This is given just as you are about to leave. It is called Rotateq. It is an oral immunisation and protects against human rotavirus gastroenteritis.

Air travel

If your baby was born under 35 weeks, please be aware that your baby may need oxygen if you intend to fly before he/she is three months post term. For this you will need a special form from a doctor stating that your baby is fit to fly. You will also need to contact the airline and pay for an oxygen cylinder that is suitable for flying, and a neonatal regulator to administer the oxygen.

Finally...

During your time in the nursery you will have come into contact with many different health professionals including doctors, nurses, lactation consultants, follow-up nurses, physiotherapists, hearing screeners and our home visiting nurse. Take advantage of your opportunity to ask us any questions you might have before you go home.

If you are getting a visit from our home visiting nurse she will contact you with an appointment. If not then please contact your local child health nurse and let them know of your discharge.

If your baby requires further follow-up, an appointment will be sent to your home.

From everyone at the KEMH Neonatal Clinical Care Unit, we wish your family and your baby a very happy homecoming!

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This information is available in
alternative formats upon request

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