

# Going home with your baby

## Information and support in the community

Congratulations! Your baby is now ready to go home!

It is not unusual to feel a mixture of emotions about taking your baby home for the first time from the Neonatal Unit.

The transition from hospital to home is a big step for you, your baby and your family.

To make this easier for you, we have put this leaflet together, which contains useful resources to help you on this new and exciting journey.

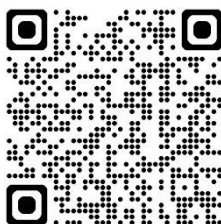
**It is very important that you register your baby with your GP, ideally before they are discharged home.**

### Useful resources:

<https://www.bswmaternityvoices.org.uk/resources/>



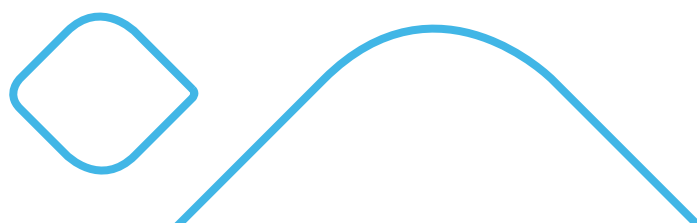
<https://padlet.com/marispence1/useful-resources-for-nicu-families-7s1hceqplx8020mw>



These contains links to many useful resources, including feeding your baby, looking after your physical and mental health after having a baby and support and advice for partners.

### Bliss

<https://www.bliss.org.uk/parents/support>





## **UNICEF Baby Friendly Initiative Support for parents**

<https://www.unicef.org.uk/babyfriendly/support-for-parents/>



## **Regulating your baby's temperature at home**

Babies are not able to regulate their body temperature in the way that adults do. However, by the time your baby comes home, they will be reasonably good at controlling their own temperature.

If your baby weighs less than 2.5kg, they may still need to be kept a bit warmer than bigger babies. It might take some time for your baby to adjust to this new home temperature.

Remember to take off your baby's outdoor clothes once you are inside. Babies do not need to wear hats indoors.

## **If you are concerned that your baby is unwell**

Seek medical advice from your GP, or if necessary, call 111 or 999. We recommend that you download the HANDI app (QR code below). This provides expert advice on how best to manage the six most common childhood illnesses; diarrhoea and vomiting, high temperature, chestiness, newborn problems and tummy pain.

[https://www.ruh.nhs.uk/patients/services/clinical\\_depts/paediatrics/handi\\_app.asp](https://www.ruh.nhs.uk/patients/services/clinical_depts/paediatrics/handi_app.asp)



## Immunisations.

Your baby will start their course of immunisations when they are 8 weeks old, from their birth date. Contact your GP or Health Visitor for further information.

<https://www.gov.uk/government/publications/a-quick-guide-to-childhood-immunisation-for-the-parents-of-premature-babies>



## Weaning your baby.

Babies who are born prematurely or who have been unwell following birth often need extra time to start being able to feed by mouth. It is important to start weaning at the right time so your baby will learn to accept and enjoy a full range of tastes and textures.

<https://www.bliss.org.uk/parents/about-your-baby/feeding/weaning-your-premature-baby>



## Additional support:

Visit the South West Neonatal Network page at <https://www.swneonatalnetwork.co.uk/>



For local Breastfeeding support, search for the Facebook pages:



Bath and West Wiltshire  
Breastfeeding Peer  
Support  
Private group · 2.1K members



RUH NNU Breastfeeding  
Peer Support

<b>Health Visitor information:</b>  <a href="https://bathneshealthandcare.nhs.uk/services/health-visiting/">https://bathneshealthandcare.nhs.uk/services/health-visiting/</a> 	<b>Twins and Multiple Births:</b>  <a href="https://twinstrust.org/">https://twinstrust.org/</a> 
<b>Breastfeeding support:</b>  La Leche Helpline 0345 120 2918 08:00am-23:00pm	National Breastfeeding Helpline 0300 100 0212  NCT National Helpline 0300 330 0700 08:00am-Midnight
<b>Support to stop smoking:</b>  <a href="https://www.nhs.uk/pregnancy/keeping-well/stop-smoking/">https://www.nhs.uk/pregnancy/keeping-well/stop-smoking/</a> 	<a href="https://www.nhs.uk/better-health/quit-smoking/">https://www.nhs.uk/better-health/quit-smoking/</a> 

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