

## East of England Neonatal Transitional Care – Parent and Carer Leaflet

Dear Parents,

Congratulations on the arrival of your precious little one! As you embark on this incredible journey of parenthood, we understand that you may feel many emotions. At this time, your baby may need a little extra support before they are ready to go home. This leaflet will provide you with information and guidance on neonatal transitional care, also known as 'TC', helping you feel empowered and confident in caring for your baby.

Understanding Neonatal Transitional Care:

- 1. What is Neonatal Transitional Care?** Neonatal transitional care refers to the specialised care provided to babies who require extra support during the first few days or weeks of life. This care aims to ensure a smooth transition to your home, particularly for babies who may have been born prematurely or with medical conditions. However, at times, babies may require additional care and could need to be transferred to the neonatal unit. Neonatal Transitional Care aims to keep families together and you will be able to be with you baby throughout their stay.
- 2. Why Does My Baby Need Neonatal Transitional Care?** There are various reasons why a baby may require transitional care, including premature birth, low birth weight, respiratory distress, or other medical conditions. Transitional care provides the necessary monitoring, support, and medical care to help your baby be ready for home.
- 3. Where Will My Baby Receive Neonatal Transitional Care? Units to enter details of transitional care setting**
- 4. Can my family and friends visit us in Neonatal Transitional Care? Units to enter details – to include if partners can stay**
- 5. What Can I Expect During Neonatal Transitional Care?**
  - Close Monitoring: Your baby's physical signs, feeding patterns, and overall health will be closely monitored by a team of healthcare professionals. We will discuss your baby's care each step of the way
  - Support with Feeding: If your baby is having difficulty feeding, our team will provide guidance and support to ensure your baby receives enough food
  - Kangaroo Care: Skin-to-skin contact with your baby, also known as kangaroo care, is encouraged as it promotes bonding and helps regulate your baby's

body temperature, heart rate, and breathing [Skin to skin and kangaroo care | Bliss](#)

- Education and Support: Our team will provide you with education and guidance on caring for your baby, including feeding techniques, safe sleep practices, and signs to watch for whilst preparing for discharge home.
- Units to enter details of facilities for parents

## 6. Useful tips for parents and carers in Neonatal Transitional Care

You can help reduce your baby's risk of getting an infection by:

- Always wash your hands or use the provided alcohol hand rub before caring for your baby
- Asking visitors to wash their hands or use alcohol hand rub before they touch your baby
- Staff should always wash their hands or use alcohol hand rub before they touch your baby. However, please do ask us to confirm this or remind us to do so.
- Reminding family and friends not to visit if they are feeling unwell, specifically with colds, sore throats, cold sores, diarrhoea, and vomiting.
- Avoid sharing baby products
- If you are bottle-feeding, always throw away unfinished feeds
- Ensure that you are sterilising feeding equipment

## Help keep your baby safe in Neonatal Transitional Care by:

- Ensuring that your baby has identification labels on both feet and the details are correct. If these labels are not present please let a member of staff know immediately
- Check that staff are wearing identification badges. If you cannot see a badge, ask staff to show it to you
- Never leaving your baby unattended. However, if you must leave your room without your baby for any reason, ensure that someone you know (your partner, a family member or friend), can stay with your baby until you return. If no one is available to please let a member of staff know
- Never let anyone, including staff, into the ward – we will let all visitors in

## 7. Your Role as a Parent:

- Speak for Your Baby: Don't hesitate to ask questions, share concerns, or seek explanations from us regarding your baby's care.

- **Take Care of Yourself:** Remember to prioritise self-care, both physically and emotionally, during this time. We are here to help.
8. **Preparing for Discharge:** As your baby progresses and becomes ready for discharge, our team will work closely with you to ensure this is as smooth as possible. We'll provide you with the necessary resources, support, and follow-up care to help you feel confident in caring for your baby outside of the hospital setting.

Remember, you are not alone on this journey. Our dedicated team is here to support you every step of the way. If you have any questions or concerns, please don't hesitate to reach out. Together, we'll provide the best possible care for you and your baby.

Wishing you and your baby all the best,

[Your Hospital/Organisation Name] [Contact Information]

For more information or assistance, please contact: [Hospital Name] [Contact Information]

How to access in alternative formats – [Units to enter details](#)

#### [Glossary and Suggested Links](#)

[How to reduce the risk of SIDS for your baby - The Lullaby Trust](#)

[Breastfeeding leaflet \(unicef.org.uk\)](#)

[Foreign language resources - Baby Friendly Initiative \(unicef.org.uk\)](#)

[Guide to bottle feeding leaflet - Baby Friendly Initiative \(unicef.org.uk\)](#)