

Welcome to your Baby Care Journey

This passport is here to help you learn how to care for your baby. It will help you practise new skills and feel more confident each day.

Looking after your baby in a neonatal unit can feel hard. It may feel confusing or scary, even if you have cared for babies before. Things may not look the way you expected.

At times, you may feel like there is not much you can do. But there are many special things you can do. This guide will help you find them. It will also help you and your baby grow closer.

Yours to Keep

This passport belongs to you.

You can keep it as a memory of your baby's early days and all the special first moments you share together.

Your Journey

Every parent's journey is different. Some things may feel easy at first. Other things may take more time and support. That is completely okay.

We are here to help you and celebrate every step you take.

What's Inside

Inside this passport, you will find ways to care for your baby, such as:

- Daily care
- Feeding
- Bonding with your baby

As you spend time with your baby and practise, you can write down what you have learned. You will also begin to see your confidence grow.

This is also a place where you can:

- Share any worries
- Ask questions
- Celebrate what you and your baby are doing together

This Is Not a Test

This passport is not a test.

It is a way to:

- See your progress
- Build your skills
- Feel proud as a parent

It can also help you share your journey with different care teams, even if your baby moves to another hospital.

We Will Help You To:

- Care for your baby safely and with confidence
- Understand what your baby needs
- Build a close and loving bond
- Comfort and soothe your baby
- Feel ready to take your baby home

Take Your Time

Take your time. Ask questions whenever you need to. Be proud of every step you make. Every moment you spend with your baby is important.

Your care team is here to support you every step of the way.

Your Parent & Baby Milestone Passport

- Supporting you as you learn to care for your baby -

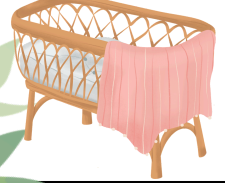
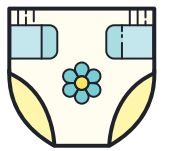
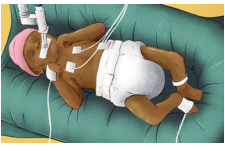
My baby's name: _____

My baby's date of birth: _____

My baby's NHS number: _____

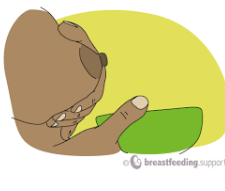
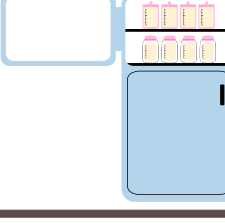
My baby's important people: _____

Parent & Baby

 Baby Care	Unit 1: _____	Unit 2 (if applicable) _____	Unit 3 (if applicable) _____
 SKIN CARE Still touch and providing regular checks keep your baby's skin healthy	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__
 EYE CARE Clean eyes gently to prevent irritation	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__
 MOUTH CARE Support oral health and comfort	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__
 TAKING TEMPERATURE Helps to monitor your baby's wellbeing	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__
 WRAPPED WEIGHING, LENGTH & HEAD CIRCUMFERENCE Track growth & progress	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__
 DRESSING Choose soft, comfortable clothes	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__
 CHANGING BEDDING Fresh bedding keeps your baby comfortable	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__
 EASING PAIN & DISCOMFORT Watch for signs and soothe promptly	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__
 SIDE LYING NAPPY CHANGE More comfortable for your baby	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__
 SWADDLED BATHING Keeps your baby regulated during bath	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__
 POSITIONING Correct use of positioning aids and regular positioning	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__
 MEDICATION (if applicable) Correct preparation and administration of your baby's medicines, with documentation signed and support resources provided (e.g. Paddington study resources)	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__	☐ ? Starting to learn __/__/__ ☐ 🔄 Practising with support __/__/__ ☐ ★ Feeling confident __/__/__



Parent & Baby

 Feeding	Unit 1: _____	Unit 2 (if applicable) _____	Unit 3 (if applicable) _____
 AWARENESS OF BREASTMILK BENEFITS Breastmilk supports growth & immunity	☐ ? Starting to learn ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ ★ Feeling confident ____/____/____
 HAND EXPRESSING (if applicable) Helps maintain milk supply and breast comfort	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____
 BREAST PUMP USE (if applicable) - Learn safe and effective pumping - Make sure you discuss your expressing log with your team	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____
 STORAGE & HANDLING OF BREAST MILK (if applicable) Keep milk fresh and safe	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____
 STERILISING Learn how to clean equipment to protect your baby	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____
 TUBE FEEDING (if applicable) - After completing the Regional Feeding Confidence document, this learning can be signed off - This will ensure safe and gentle feeding	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____
 RECOGNISING READINESS TO FEED ORALLY Look for your baby's cues	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____
 BREASTFEEDING (if applicable) - Bond and nourish your baby comfortably - Make sure you use the breastfeeding assessment tool	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____
 BOTTLE FEEDING (if applicable) - Bond and nourish your baby comfortably - Make sure you the bottle feeding assessment tool	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____
 FORMULA PREPARATION (if applicable) Observe how to make up a feed safely	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____	☐ ? Starting to learn ____/____/____ ☐ 🔄 Practising with support ____/____/____ ☐ ★ Feeling confident ____/____/____



Parent & Baby

 Bonding & Comfort	Unit 1: _____	Unit 2 (if applicable) _____	Unit 3 (if applicable) _____
 SKIN TO SKIN CONTACT Promotes bonding & warmth	☐ ? Starting to learn _/_/_ ☐ 🔄 Practising with support _/_/_ ☐ ★ Feeling confident _/_/_	☐ ? Starting to learn _/_/_ ☐ 🔄 Practising with support _/_/_ ☐ ★ Feeling confident _/_/_	☐ ? Starting to learn _/_/_ ☐ 🔄 Practising with support _/_/_ ☐ ★ Feeling confident _/_/_
 POSITIVE TOUCH Still touch reassures your baby	☐ ? Starting to learn _/_/_ ☐ 🔄 Practising with support _/_/_ ☐ ★ Feeling confident _/_/_	☐ ? Starting to learn _/_/_ ☐ 🔄 Practising with support _/_/_ ☐ ★ Feeling confident _/_/_	☐ ? Starting to learn _/_/_ ☐ 🔄 Practising with support _/_/_ ☐ ★ Feeling confident _/_/_
 READING TO YOUR BABY Soothing voice helps development	☐ ? Starting to learn _/_/_ ☐ ★ Feeling confident _/_/_	☐ ? Starting to learn _/_/_ ☐ ★ Feeling confident _/_/_	☐ ? Starting to learn _/_/_ ☐ ★ Feeling confident _/_/_
 PROVIDING QUIET TIME Calm environment supports rest & growth	☐ ? Starting to learn _/_/_ ☐ 🔄 Practising with support _/_/_ ☐ ★ Feeling confident _/_/_	☐ ? Starting to learn _/_/_ ☐ 🔄 Practising with support _/_/_ ☐ ★ Feeling confident _/_/_	☐ ? Starting to learn _/_/_ ☐ 🔄 Practising with support _/_/_ ☐ ★ Feeling confident _/_/_
 AWARENESS OF NOISE, LIGHT, SMELL & TASTE You can help your baby feel more settled by keeping things calm—soft sounds, gentle light, and familiar smells.	☐ ? Starting to learn _/_/_ ☐ ★ Feeling confident _/_/_	☐ ? Starting to learn _/_/_ ☐ ★ Feeling confident _/_/_	☐ ? Starting to learn _/_/_ ☐ ★ Feeling confident _/_/_
 UNDERSTANDING YOUR BABY'S CUES Respond to your baby's needs promptly	☐ ? Starting to learn _/_/_ ☐ 🔄 Practising with support _/_/_ ☐ ★ Feeling confident _/_/_	☐ ? Starting to learn _/_/_ ☐ 🔄 Practising with support _/_/_ ☐ ★ Feeling confident _/_/_	☐ ? Starting to learn _/_/_ ☐ 🔄 Practising with support _/_/_ ☐ ★ Feeling confident _/_/_

Additional comments:



ReachDeck

If you have a specific requirement, need an interpreter, a document on Easy Read, another language, large print, Braille or audio version, please contact your healthcare professional.

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