

# Unsettled Infant Clinic

## Information for parents and carers

### **Your baby has been referred to the Unsettled Infant Clinic**

Lots of parents experience problems with an unsettled baby. This clinic is an opportunity for you to meet with an Advanced Paediatric Nurse Practitioner (APNP), who has advance clinical skills and knowledge. The APNP will be able to assess your baby, prescribe medication if needed and refer onwards if necessary.

This clinic is held on a Wednesday at Monks Coppenhall Children's Centre, Remer Street, Crewe CW1 4LY

When you arrive, please wait outside and telephone 01270 371240 and a staff member will welcome you inside.

Please avoid arriving more than five minutes before your appointment time.

**Please complete the Unsettled Infant Clinic questionnaire and bring it with you to your appointment** along with your red child health record, if possible.

**Please seek medical attention prior to your appointment if concerns regarding any of the following:**

- Raised Temperature of 38<sup>0</sup>C or higher
- Breathlessness
- Lethargy
- Reduced urine output
- Significant changes in feeding

If for any reason you need to cancel this appointment, then contact the Bookings Team on 01270 278310.

## Useful information

Common Approach to Children's Health (CATCH) is a free NHS health app for parents and carers of children from pregnancy to age 5. You can download this app via the link

[www.catchapp.co.uk/](http://www.catchapp.co.uk/)

ICON programme provides information about infant crying and how to cope. You can find our more information on <https://iconcope.org>

### Child and Adolescent Unit contact details

Leighton Hospital

Middlewich Road

Crewe

CW1 4QJ

**Direct line: 01270 612463**

This leaflet is available in audio, Braille, large print and other languages.  
To request a copy, please ask a member of staff.

