

Family Integrated Care on the Neonatal Unit at Leighton Hospital

Important information for parents

Contact numbers

Should you require any additional information
or help, please contact the Neonatal Unit on
01270 612282

This leaflet is available in audio, Braille, large print and other languages.
To request a copy, please telephone 01270 612282.



Congratulations on the birth of your baby. We welcome you to our neonatal unit, and hope that you find this information useful.

‘Family Integrated Care is a model that supports and educates parents and carers to become integral participants in their baby’s care from the time of admission, in partnership with the neonatal team’

The aim of FiCare is for your baby to get the best possible start by spending as much time as they can with you. Evidence shows that babies looked after in this way have fewer infections, are more likely to breastfeed, put on weight more quickly, have fewer complications and go home sooner.

The aim of the neonatal team here at Leighton hospital is to work in partnership with you to create a consistent, nurturing environment where you feel engaged, enabled and empowered as the primary care givers to your baby. We want you to spend as much time as you can with your baby, to learn how to care for your baby, learning new skills at a pace that is comfortable for you. This will help you to feel much more confident to care for your baby when you go home.

We want you to spend as much time as you can with your baby. This will ensure that you learn how to care for them and are part of all the discussions about your baby’s progress and plans for their care. Your presence on ward rounds is a vital way of communicating with the medical and nursing teams. It is an opportunity for you to be the voice for your baby.

If your baby is very tiny, very early or very sick, they may require complex, technical medical and nursing care. It is important to remember that you have a very important role in your baby’s care. We will encourage and support you to do the right things at the right time for them. When your baby becomes more stable there will be increasing opportunities to become more involved in their care.

- **Watch your baby:** This is an opportunity to get to know your baby and how they communicate stress, pain, or when they are ready to engage. Their reactions can guide us to understand what they need in their own way, this ensures that their care can be adjusted sensitively.
- **Comfort holding:** Positive touch is a way of communicating love, reassurance and comfort to your baby and is really important for development.
- **Talk to your baby:** Your baby knows your voice. Talk or read to your baby in a soft voice
- **Shade their eyes from light.**
- **Express your breast milk.**

Spending most of the day with your baby on the neonatal unit can be tough, so you can share this time with partners or other relative/people in your baby’s life if you would like to. We welcome siblings. Please ask about our visiting policy, we can also provide sibling packs for your children.

There will be things you would like to discuss and choices you may want to make about your baby’s care, we actively encourage you to be a voice for your baby. Please feel free to discuss anything at any time.