



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

You can use Text Relay to turn telephone communications into text.  
Use the Relay UK app on your phone, tablet or PC.  
You can also use Relay UK via Minicom or Uniphone.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ने दुवातु उत्तमे ची लेउ वै उं विरपा कवे इस निसर उे बेन कवे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Parents Foot Steps Passport

## Big journeys begin with small steps



## NICU Website

<https://www.ashfordstpeters.nhs.uk/leaflets-nicu>



## St Peter's NICU Padlet



Please use this padlet to discover more information to support you through your neonatal journey.

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### Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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Author: Alyson Wilkins

Department: NICU

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Ashford & St Peter's Charitable Trust - Little Roo Neonatal Fund - JustGiving:

<https://www.justgiving.com/LittleRooNeonatalFund>

Instagram: @Little\_Roo\_Fund

Facebook: LittleRooNeonatalFund

Twitter: @LittleRooFund

## Congratulations on the birth of your baby

You are welcome on NICU 24hrs a day. You are the most important people in your baby's life! Here are some things that you should know.

- Please make sure you wash your hands when entering the nurseries.
- All jewellery and watches should be removed.

**It is important to tell the nursing staff if you become ill during your stay so that we can protect your baby from infection.**

Are you aware of the NICU current policy for other visitors?	Yes / No
Do you know how to extend your parking ticket?	Yes / No
Have you been shown around the NICU unit and been told where to get food and drink?	Yes / No
Have you received your Little Roo cool bag?	Yes / No

**You will need to make an appointment to register your baby's birth**

Please ask a staff member how to do this.

Have you registered your baby with your GP? This should be done prior to discharge.	Yes / No
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## Baby Feeding

Please take a look at your Family Integrated Care Folder at your baby's cot side or the feeding section of NICU website for further information on:

- Breastfeeding assessment and signs of effective breastfeeding
- Baby feeding and behavioural cues
- Support during bottle feeding
- Milk as medicine

Please also see the Feeding and Nurturing padlet:



## Milk Donation Services

Please email The Milk Bank Team (if you wish to donate)  
[asp-tr.sph.milkbank@nhs.net](mailto:asp-tr.sph.milkbank@nhs.net)

## Community Infant Feeding Support

### Expressing your Milk

Have you been shown how to hand express?	Yes / No
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## Little Roo Neonatal Fund

<https://www.ashfordstpeters.nhs.uk/littleroo>

Please contact us on: [asp-tr.littleroo@nhs.net](mailto:asp-tr.littleroo@nhs.net)

01932 722386

**Neonatal Unit**      Annex / Rm1A      01932 726823  
                          Room 1                    01932 723895 / 3896  
                          Room 2                    01932 723420  
                          Room 3                    01932 723897  
                          Reception                01932 722667

**Neonatal Community Outreach Team** (Mon-Fri 08.00-18.00)  
                          Office                      01932 723674  
                          Mobile                    07879 425140

Email: [neonatal.communityteam@nhs.net](mailto:neonatal.communityteam@nhs.net)

**NICU Family Care Coordinator:- Fiona England**  
 Email - [fionaengland@nhs.net](mailto:fionaengland@nhs.net) (on NICU Mon-Thurs)

**Perinatal Therapist:- Catherine Taylor**  
 (on NICU Thursday / Friday afternoons)

**Child Psychotherapist:- Dr Jane Lowe**  
 (on NICU Mondays / Tuesdays)

**Birth Reflections**                                  01932 722879  
**Community Midwives Office (St Peters)** 01932 722413

**Milk Bank Team**                                  [asp-tr.sph.milkbank@nhs.net](mailto:asp-tr.sph.milkbank@nhs.net)

Check out the Bliss Milestones Cards - link on NICU website.

**Any concerns out of hours please take your baby to A&E or call NHS 111. In an emergency call 999.**

Have you been shown how to use the breast pump?	Yes / No
Do you know where the Milk Expressing room is?	Yes / No
Do you know how to safely store and label your breastmilk and sterilise your equipment?	Yes / No

Privacy screens to express at the cot side are available.

You can borrow a **Medela Breast pump** from St Peter's NICU if booked at St Peter's, Frimley Park, Royal Surrey, or East Surrey Hospitals.

**Please return it 48hrs prior to discharge or transfer to local hospital.**

If you are out of area, please contact your local NICU or alternatively hire one directly from Medela if your local hospital is unable to help.

Quote **MEDNICU/NICU35** for a discount.

If you are planning to bottle feed your baby please bring in a suitable bottle for them to try.

Do you know how to prepare a formula feed?	Yes / No
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Can your baby complete their bottles with you?	Yes / No
Do you know how to wash / sterilise your bottles?	Yes / No

## Parent Learning

Have you been shown:

<input type="checkbox"/>	Nappy care
<input type="checkbox"/>	Top and tailing your baby
<input type="checkbox"/>	Skin to skin / kangaroo care
<input type="checkbox"/>	Positioning your baby
<input type="checkbox"/>	Mouth care
<input type="checkbox"/>	Containment holding
<input type="checkbox"/>	Changing probes
<input type="checkbox"/>	Taking baby's temperature
<input type="checkbox"/>	Bathing (this maybe towards the end of your stay)
<input type="checkbox"/>	Sterilise Equipment

Have you learnt how to Nasogastric Tube feed your baby?	Yes / No
If yes, have you signed the competency paperwork?	Yes / No

## Essentials that you will need at home

- Milk for your baby - if not breastfeeding
- Bottles if required (we recommend about 6-8)
- Steriliser & bottle brush
- Pram / buggy
- Nappies and cotton wool
- Bibs / Muslins
- Changing bag and mat
- Clothes including:-
  - vests
  - cardigans
  - baby grows
  - hats / socks / mitts
- Moses basket / crib including cotton blankets & sheets
- Towels
- Car Seat with insert if your baby is very small.
- Baby and Room thermometer

## Optional extras

- Bath
- Bouncy chair
- Breast pump
- Baby Monitor
- Creams
- Baby toys (for stimulation)
- Mobile for crib
- Playmat
- Stairgates (for older siblings)

Before you are ready to take baby home, we recommend you room in for a couple of nights on NICU or Transitional Care so that you can care for your baby with support to highlight any possible concerns you may have and build your confidence. This will be arranged between staff and yourselves. This can happen once your baby is 34 weeks and getting closer to leaving NICU.

Please check your discharge summary prior to leaving NICU making sure your address & telephone number are correct. Your GP & Health Visitor will receive a copy too.

We will check that your baby fits safely in their car seat prior to leaving NICU.

For babies going home on oxygen, they will have a car seat challenge and an air trial.

**Please check you have been given your babies red book before leaving NICU.**

Please give regular parent feedback on our Viewpoint pad near NICU reception.

The more details we have the better as we want to improve the family experience on NICU.

Are you aware of non nutritive sucking?	Yes / No
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Using a clean finger / dummy can encourage your baby's suck reflex for future feeding.

Have you watched the Basic Life Support DVD?	Yes / No
Have you attended a practical Basic Life Support session with our Neonatal Community Outreach Team? (Essential for home oxygen / NGT)	Yes / No

### Is your baby going home on oxygen?

This will be decided closer to the point of discharge if your baby still requires oxygen. Please take a look on the NICU website for more information or talk to a member of the Neonatal Community Outreach team (NCOT) team.

Saturation Studies will be done on your baby before discharge to ensure your baby is safe to go home.

This will continue in the community.

The NCOT team and nursing staff will be able to teach you all you need to know to safely care for your baby in oxygen.

Please ask your nurse if the following have been done:

Day 6 blood spot screen	Yes / No
Day 29 blood spot screen (if born under 32 weeks)	Yes / No
Eye check (born before 31 weeks or less than 1.5kg)	Yes / No
Cranial Ultrasound (head scan)	Yes / No
Hearing screen (over 34 weeks and in the last few days prior to discharge)	Yes / No
Newborn examination (NIPE) after baby reaches 34 weeks	Yes / No

## Immunisations

Routine Immunisations (see section in red book)

8 weeks / 60 days	1 <sup>st</sup> :
12 weeks / 90 days	2 <sup>nd</sup> :
16 weeks / 120 days	3 <sup>rd</sup> :

Ask your nurse if your baby fits criteria for the BCG vaccination.

(They will be booked into a clinic after discharge.)

## Follow-up appointments

Your baby may need to see some specialists after their stay on NICU.

These may include:

- Eyes
- Hips
- Hearing
- Physio Therapist
- Consultant
- Blood Tests
- Speech and Language Therapist
- Dietician

**Please check with your nursing team if any of these are required.**

## Medications for discharge

Do you know what medications your baby is on and why? Please ask if unsure	Yes / No
Have you been shown how to draw up and give your baby their medications?	Yes / No
Has the dose and times been explained to you?	Yes / No
Have you received your <b>green medications bag</b> to take home?	Yes / No