

TITLE	TOPIC	SUMMARY OF EDUCATION SESSION
Feeding your premature infant	The journey to establishing full oral feeding	<ul style="list-style-type: none"> <li>• Understanding of how baby develops feeding skills</li> <li>• The importance of skin-to-skin contact and non-nutritive sucking in developing feeding skills</li> <li>• How to read baby's cues</li> <li>• Practical tips on positioning baby for feeding</li> <li>• How to use the feeding code and work out how baby is feeding and weaning from tube feeding</li> <li>• Responsive feeding</li> <li>• Feeling prepared for feeding baby at home</li> </ul>
Milk matters and establishing a milk supply	Tips for getting the most out of your expressing	<ul style="list-style-type: none"> <li>• The importance of early expressing and building a milk supply for the future</li> <li>• Importance of mum's own milk</li> <li>• How the milk bank supports families to meet their feeding goals</li> <li>• Practical tips on how to maintain pumping until baby's feeding skills are fully developed</li> <li>• Opportunity to ask questions and discuss concerns with regards to your expressing</li> </ul>
Nutrition	Learning about nutritional needs of premature babies, and their growth and feeding	<ul style="list-style-type: none"> <li>• Infant growth, breastmilk/pasteurised donor milk/formula and supplements to help your baby grow</li> </ul>

# Family Integrated Care

## Parent Education Sessions

at

CHRISTCHURCH WOMEN'S HOSPITAL  
NEONATAL INTENSIVE CARE UNIT (NICU)

### Need more information?

Want to know more about the Parent Education Sessions?

You can ask the nurse caring for your baby, the discharge facilitators, medical team, physiotherapist, infant feeding specialist and the social workers.

### Have ideas for other parent education sessions?

Speak to one of the Discharge Facilitators. We are always open to ideas for other education sessions.





## Parent education sessions

The early birth of a baby can be stressful and confusing. The often unexpected move to life in the neonatal intensive care unit (NICU) can be overwhelming.

We understand that families who have a baby in the NICU face new issues, emotions and circumstances. All members of our team are concerned with the wellbeing of you, your baby and your family.

Your presence and participation in the care of your baby is very important. The goal of Family Integrated Care is to help you form close bonds with your baby and get home as soon as possible.

Nurses understand the unique needs of infants in the NICU and can teach parents to understand and help their babies. As parents learn, they feel more confident in caring for their baby. The babies teach us all.

We hope that by the time you discharge home, you will feel more secure taking care of and understanding the needs of your infant.

The parent education sessions are aimed at providing you with information to help you feel more comfortable and confident caring for your infant.

The sessions cover a wide variety of topics including:

- Home preparation
- CPR/Safe Sleep
- Infant feeding
- Handling and positioning your premature infant
- Swaddled bathing
- The milk bank
- Looking after yourself
- Your baby's nutritional needs
- Choosing a car seat or capsule for your baby



The sessions will run every Tuesday and Wednesday at 12.00-12.30pm in the parent lounge.

Bring your lunch if you like! You do not need to book – just turn up and join in! The more questions the better ...

## Examples of education sessions

TITLE	TOPIC	SUMMARY OF EDUCATION SESSION
Home preparation	An overview of the main equipment you will need for your baby at home	<ul style="list-style-type: none"> <li>• Discuss the 'Road to Home' pamphlet</li> <li>• An overview of equipment, blankets and clothing you will need for your baby</li> <li>• Follow-up you will receive once your baby has been discharged from NICU</li> <li>• Medications your infant may require following discharge</li> <li>• Overview of your baby at home, infection prevention, calling the doctor</li> </ul>
CPR/Safe sleep	CPR practical session plus looking at safe sleep practices	<ul style="list-style-type: none"> <li>• CPR practical session. The chance to practice CPR on a mannequin and fine tune your skills</li> <li>• An overview of appropriate infant bedding, including bassinet/cot, blankets, sheets</li> <li>• Safe Sleep practices – advice on how to keep your infant safe when they are sleeping</li> </ul>
Caring for your premature baby	A practical demonstration and chat with our NICU Physiotherapist	<ul style="list-style-type: none"> <li>• An overview of brain development</li> <li>• Baby behaviour and how to know when your infant is ready to interact with you and feed</li> <li>• How to handle and position your infant to support their brain development</li> </ul>
Top tips for bathing and changing	A practical demonstration and chat with our NICU Physiotherapist	<ul style="list-style-type: none"> <li>• A demonstration of bathing your infant using the swaddle technique, which supports premature infant development</li> <li>• Learn different holds for bathing (eg. swaddled baths and on their tummy)</li> <li>• Learn ways to develop their brains whilst changing them!</li> </ul>
Choosing a baby capsule or car seat	An overview of what to look for when choosing a baby capsule	<ul style="list-style-type: none"> <li>• A representative from 'Baby on the Move' will discuss points to keep in mind when choosing your infant's capsule or car seat</li> <li>• Discuss baby capsule safety</li> <li>• Correct installation of a baby capsule or car seat</li> </ul>
Looking after yourself	Parent's health and wellbeing in NICU	<ul style="list-style-type: none"> <li>• Discuss 'Looking After Yourself' during your baby's NICU admission, including postpartum blues/depression, the 'specialness' of parent/baby relationship and focusing on the circle of influence. This includes visiting and being with your baby</li> <li>• This is an interactive open discussion, in which we hope parents are able to gain some helpful tips and understanding to support them in their NICU journey</li> </ul>