















# Neonatal Handy Hints

For more information regarding your stay in NICU please refer to the website

<https://www.cdhb.health.nz/health-services/neonatal-service/>

1. Handwashing	Always wash or alcohol gel your hands on <b>entering</b> the Unit, before and after <b>handling</b> your pēpi/baby, and especially after <b>each nappy change</b> . If your hands are soiled please use soap and water. Handwashing is also required before and after handling expressing and feeding equipment.	
2. Visitors	Parents may visit at any time of the day or night. Three visitors (must include one parent) at any one time – all visitors must be over 12 years of age. Siblings are the only children permitted to visit. Visiting hours are 3.30pm to 8pm.	
3. Quiet time	1pm to 3pm <b>parents only</b> time – no visitors.	
4. Privacy	Please keep to your own pēpi bed space and respect others privacy by not asking questions.	
5. Headphones	You will be requested to wear headphones (supplied or your own if you have them) when staff are doing ward rounds and nursing handovers. Ear buds are not adequate. This is to ensure privacy for all families during ward round conversations.	
6. Skin-to-skin (kangaroo cuddles)	When your pēpi is stable, spending time with them skin-to-skin is encouraged. Numerous research studies have found many benefits from spending time with your newborn in skin-to-skin contact.	
7. Cell phone	Please keep cell phones on silent when in NICU. We encourage you to concentrate on your pēpi while feeding and cuddling your infant and not using your cell phone. Facetime is permitted but please check with your nurse around privacy and timing.	
8. Whānau room (family lounge)	Situated opposite the lifts in the Neonatal Unit. A great waiting area for visitors. Food and drinks may be consumed here. Cell phones may be used here.  Tea and coffee making facilities are available. Please note hot drinks are not permitted in the nursery unless with appropriate tight-fitting lid, it is not safe to handle pēpi while having a hot drink.	
9. Lockers	Enquire at reception as to location and availability of storage lockers for valuables, personal items, food, etc. while visiting for long periods.	
10. Alarms	<b>Don't worry.</b> There are many and they often ring but may not require immediate attention. The staff know when to react to them.	
11. Car parking	Assistance may be available while your pēpi is in the Unit. See the Social Work team who can help with options.	
12. Cafés	Please check the map of the hospital on the Neonatal website for where the hospital cafés are situated.  There are also vending machines in the lift foyers of Levels 3 and 5.	
13. Day of discharge	A very exciting day – please vacate your rooming in room by 11am to allow for cleaning, ready for the next family. Please arrange to leave the Neonatal Unit by lunchtime. We will endeavour to have your prescription and paperwork completed to allow this timely discharge.	