



Quiet Time in NICU

Whānau/Family Information – Neonatal Services

Quiet time in a NICU is precious. Between 1.00pm and 3.00pm each day a protected time is set aside to encourage a calmer, more settled environment for pēpi babies, parents and staff.

This is important because

- It gives pēpi (and parents) a better chance to rest and recover.
- A calmer environment reduces stress for all. As in parents, pēpi heart beat and breathing pattern become regular and with stable saturations.
- It helps pēpi achieve deeper sleep which is positive for brain development and recovery.
- It helps protect the pēpi sensory development and brain function.

You can support quiet time by

- Spending the time resting quietly with your pēpi – perfect for skin-to-skin!
- Closing the blinds in the area around your pēpi at 1.00pm.
- Keeping activity to a minimum. Try and be settled for Quiet Time before it starts.
- Remind your LMC about Quiet Time and see them outside this time or outside the NICU, if unavoidable.
- Keep conversations/volume to a minimum.
- Staff can support Quiet Time by darkening the space with blinds and dimming lights as well as reducing conversation and activity.

Please let us know how we can help Quiet Time work best for you.

