

## PARENT INFORMATION FOR



# Baby in the Special Care Nursery

Thank you to Grace's family for allowing us to use this lovely photograph for our booklet.

**Joondalup Health Campus**  
**Shenton Avenue**  
**Joondalup WA 6027**  
**Telephone (08) 9400 9286**

**JOONDALUP**  
HEALTH CAMPUS

## Welcome to the special Care Nursery: JHC

There are many reasons why babies are admitted to the Special Care Nursery and it can seem a very strange and frightening environment. The medical and nursing staff are there to help you through this difficult time and are only too pleased to answer any questions or concerns you may have.

### Where are we located?

The Special Care Nursery is located on the 2<sup>nd</sup> Floor, next to Ward 2 East. The direct telephone number is (08) 9400 9286.

### Visiting Guideline

1. Parents are encouraged to visit at any time.
2. Visiting is restricted to two visitors per cot at any time. One of which must be a parent.
3. **ANYONE** with a cough, cold, runny nose, diarrhoea, vomiting, viral illness or infectious disease (e.g. chicken pox/shingles) must not visit the nursery.
4. Siblings are encouraged to visit, however no other children are permitted. Children under 3 should be held and their visits limited to 5 minutes at a time. **Children must be accompanied by an adult and supervised at all times.**
5. Visitors, including parents must not touch or wander around and look at other infants, to protect the privacy of other babies and families in the nursery.
6. We are committed to preserving the confidentiality of our babies and families and are unable to release any information regarding an infant's condition to anyone but parents, except under special circumstances.
7. In emergency situations or whilst procedures are being carried out, you may be asked to leave the nursery or entry denied for the duration.

8. Please ensure mobiles are switched off at all times.

## You, Your Baby and the Nursery

- **HANDWASHING** – Please wash hands on entry to and leaving the nursery, also prior to and after handling your baby. We will ask people to wash their hands in order to protect the babies and we are happy for you to make sure we have washed our hands too!
- Please remove watches, rings, etc., babies' skin is very fragile.
- Sick/premature babies need a lot of rest to grow and recover. Often we leave babies for up to 6 hours between nappy changes.
- The nurses will show you how to comfort your baby with minimal handling. They will be reassured even by the sound of your voice.
- The nursery temperature is set at 24 – 26 degrees, to keep the babies warm.
- Establishing feeds – this can often be a frustrating time. We are a baby friendly hospital and will fully assist your choice of expressing, breast feeding or artificially feeding. We have a lactation consultant available on **Extension 9234**.

## Mother Crafting

- Generally babies can be discharged from the nursery when they can fully suck their feeds for a 48 hour period, maintain their temperatures and gain sufficient weight.
- When this time comes, you will be asked if you would like to come and mothercraft with your baby. This gives you time to adjust and discuss any mutual anxieties.