

Supporting your baby through medical interventions/ cares

During your baby's time on the neonatal unit, we may need to perform necessary tests and procedures including blood sampling, feeding tubes (NGT), hearing and eye tests. Extra support may be needed for your baby when bathing and weighing.

Supporting your baby through these experiences can improve their comfort. Where possible, we encourage you to be present and involved in supporting your baby, and we will always plan your baby's care with you.

There may be circumstances where this is not possible due to urgent situations. If you cannot be present during a procedure, a member of staff will be available to comfort your baby.

Here are some ways that you can support your baby before, during and after procedures/cares:

Positive, comforting touch with your baby

Your baby's sense of smell helps them to recognise you, and your baby will find this comforting and help them to feel calm. Bonding squares are also useful for this if procedures are carried out in your absence.

Your baby can be easily overwhelmed by sudden, unpredictable movements. Use your voice to gently prepare them. If they appear unsettled, pause. Keeping your baby's arms and legs tucked close to their body can help calm them (this can be achieved using wrapping techniques).



Your voice will be familiar to your baby, and they may find it soothing if you talk, hum, or sing to them

Comfort holding (hand hugs) – Use warm hands to cup your baby's feet/body or head. Start by offering your finger to hold

Skin-to-skin/kangaroo care is holding your baby in just a nappy against your bare chest. There are many benefits of this for both you and your baby. The staff on the unit will support you to do this as often and for as long as possible.