

Going home

It will be time to go home when your baby is maintaining their temperature in a cot, can do all suck feeds for 24-48 consecutive hours, and is gaining weight.

Some babies may take several nights in the parents' overnight room to achieve this and some babies may only require one night. You may need to be flexible and prepared to take a bit more time if your baby isn't quite ready. You will need to be independent and confident with the care of your baby.



Contact details:

North Shore SCBU
(09) 486 8920 ext 42268

Waitakere SCBU
(09) 486 8920 ext 47993

Welcome to SCBU video translations

The Welcome to SCBU orientation video is available in five languages:

English: vimeo.com/202109518

Korean: vimeo.com/286276022

Mandarin: vimeo.com/286443518

Samoan: vimeo.com/290812592

Māori: vimeo.com/295685025



**Welcome to
SCBU**
(Special Care Baby Unit)

What you need to know

Welcome to the Special Care Baby Unit (SCBU)

Congratulations on the birth of your baby. Your baby's needs are currently best met in SCBU. Staff will support and work closely with you and your family to provide care for your baby.

Nurses are always available to answer your questions. You can speak to a doctor during ward rounds from 9am each day. Talk to your nurse if you want to speak to a doctor outside of these times.

What can you do?

As parents, you will be supported by staff to provide care for your baby. There are lots of things you can do:

- attend the ward round and be involved in decisions about your baby's care
- breastfeed your baby
- bath your baby
- change baby's nappy
- take baby's temperature
- choose linen and clothes for your baby
- express breast milk
- prepare feeds and tube feed your baby
- hold your baby for skin to skin cuddles.

Visiting:

Parents are encouraged to visit at any time, 24 hours a day.

We do encourage quiet time between 12pm and 2pm when the lights are dimmed and noise is kept to a minimum. This is a special bonding time for you and your baby.

You can identify a support person who can also visit outside of visiting hours but any other visitors must be accompanied by you or your partner between the hours of **2pm and 4pm and 6pm to 8pm.**

Siblings are welcome on the unit for short periods but we ask that other children not visit. This is to prevent the spread of infection.

Only two visitors per baby are allowed.

Parent/family facilities:

We encourage you to spend as much time as possible with your baby and have the following facilities in place to assist:

- meals for mums. Breakfast at 7am, lunch at midday and dinner at 5.30pm. If you will be here for a meal, please advise your nurse or write it on the board
- parent kitchen so you can heat up your own food or make yourself a hot drink
- parking cards for mums so you don't have to pay for parking
- parents' overnight stay room
- a room to express your breast milk
- access to social, religious and cultural support
- national travel assistance, to help pay for the cost of travel to and from the unit.

Your baby's schedule

We will show you how to handle and care for your baby and help you time your visits to coincide with feeds and nappy changes.

Developmental supportive care

In order to promote an optimal environment

for growth, we support the philosophy of developmental supportive care. This includes low lighting, a quiet bedside area and optimal positioning. We also promote skin to skin cuddles (kangaroo care), baby bonding and we strive to be a family-centred unit.

Expressing breast milk

We support the 10 steps to successful breast feeding and your expressed breast milk (E.B.M.) is the preferred milk of choice. We have electric breast pumps available for your use. We will provide containers for your milk. Please feel free to take as many home as you need. All breast milk should be transported in a chilly bin and kept refrigerated. We have a freezer for frozen milk and a fridge, just for storing milk. We will provide labels for you to name and date your E.B.M and show you where to leave it in our fridge.

Preparing for discharge:

When your baby is getting close to going home, your nurse will discuss discharge planning with you. You may be offered the following:

- a discharge planning meeting to discuss all the services that will be in place for your baby when you go home
- baby resuscitation training
- community services follow up
- time in the parent overnight stay room
- a bath demonstration
- demonstration on how to give medication to your baby
- teaching of any other special care your baby might require
- hearing screening.