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**A guide to...**

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# **Rooming-in on the unit**

## ***Patient Information***

**Woodland Neonatal Unit**  
Watford General Hospital

|                        |                                 |
|------------------------|---------------------------------|
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## Rooming-In

Well done – you are on the road home.

Rooming-in will be offered to you as part of preparation for discharge home. It gives you the opportunity to stay with your baby in our parents' room. This means you will 'move in', on average for one to two days, staying overnight with your baby by your side.

This gives you the space you need with your baby to feel that you are caring for them but still gives you the reassurance of an allocated nurse to support you and be there for any questions you may have. The nurse will introduce themselves and let you know where to find them at the beginning of their shift.

You will carry out all aspects of care for your baby while staying in the unit: including nappy changes, washing/bathing, giving medications and feeding your baby.

You will be expected to be present for the whole time to really make the most of the experience. However, if you do need to leave at all to prepare anything at home, you must bring your baby to the nursery until you return.

If you are worried about anything, please do not hesitate to discuss it with your baby's allocated nurse.

### Facilities we provide:

- A double bed with pillows
- Basic bed linen
- Cupboard to store your belongings
- A small table and chairs
- Parents' kitchen
- Toilet and shower facilities

## Expectations of Rooming-In

- Please do not leave your baby alone in the room. If you need to pop out, bring your baby to the nurse looking after you.
- If bottle feeding, ensure your baby is using their own bottles. You will be expected to prepare and sterilize your own equipment.
- Weighing your baby regularly to ensure they continue to gain weight.
- Ensuring you are confident in drawing up and administering any medication your baby needs.
- The unit does not provide food for parents. The parents' kitchen has a fridge/freezer so you can bring and store your own. Please clearly label with your name and date. A microwave is available.
- Please bring an overnight bag and toiletries.
- Bring in your baby's car seat (and check you know how to use it!) if you are going home by car or taxi.

## Safety on SCBU

- Please note that West Herts is a non-smoking trust, which does not permit smoking anywhere within the hospital site.
- The room has a nurse call bell and an emergency bell. The nurse call bell is used to communicate with the nurses, while the emergency bell is used to initiate an alarm call.
- Rooms must not be locked so that it is possible to enter in case of emergency. Staff will always knock before entering.
- If you hear a continuous fire alarm, please find a member of staff as soon as possible. SCBU staff will tell you what to do so you and your baby stay safe.
- When bringing your baby to the nursery, please transfer him/her in their cot. Do not carry your baby while on the unit.
- Do not bring any valuables with you as their safe-keeping can not be guaranteed.

**Most importantly, make sure you enjoy this experience together as a family. This is the start of an amazing time for all of you and we are here to help every step of the way!**