

# Welcome to Woodland ward special care baby unit

Information for children, families and carers



We have given you this leaflet because your baby is being cared for on Woodland ward special care baby unit. It explains what facilities are available to you and your family and what you can expect during your baby's stay in hospital. We hope it helps to answer some of the questions you may have. If you have any further questions or concerns, please contact us using the details at the end of this leaflet.

## What is Woodland ward?

Woodland ward is a special care baby unit that is based on E level at Princess Anne Hospital. The ward consists of three nurseries containing 16 cots in total (four of which are located in separate family integrated care rooms – please see the 'Family integrated care rooms' section for more information about these rooms).

The ward is specially designed to have space for one parent or guardian at a time to stay with your baby for 24 hours a day.

## Why does my baby need to stay on Woodland ward?

There are a number of reasons why babies need to stay on Woodland ward before going home.

Your baby's nurse or doctor will have explained why your baby needs to stay in hospital. If you are unsure, please ask us.

## Meet the team

Our team is made up of a wide range of healthcare professionals, including:

- nurses
- advanced health practitioners
- doctors
- physiotherapists
- occupational therapists
- dietitians
- a family support team

We will aim to make it clear who we all are, but please ask us if you are unsure.

Each nursery will have an allocated nurse. The nurse caring for your baby will introduce themselves at the start of their work shift, so that you know who they are. If your baby's nurse is needed elsewhere, they will introduce you to an alternative member of staff who you can contact if you have any concerns.



## Our aims

Your baby and your family are at the heart of everything we do.

As a team, we aim to:

- provide a welcoming, caring, and safe environment for you and your family
- support you to confidently care for your baby until they are ready to go home
- encourage further development of close and loving relationships between you and your baby

## The importance of staying with your baby

We view parents and guardians as equal partners in your baby's care.

Research shows that being more involved with your baby while they are in hospital can help reduce the amount of time your baby spends in hospital. It can also help you:

- feel less stressed
- have more success with breastfeeding (if you choose this feeding option)
- feel more confident to independently look after your baby when your baby is well enough to go home

Although we will care for your baby while they are on the ward, there are important things that only you can do for your baby. Your baby knows you and will recognise your voice. They will find comfort and reassurance in hearing you read, talk, or sing to them.

Having skin-to-skin contact also helps to create emotional connections between you and your baby. This helps with their brain development.

While we actively encourage you to stay overnight with your baby, we do understand that this is not always possible. Please do what works for you as a family. This might mean staying every night, some nights or staying when your baby is nearly ready to go home.

## Accommodation

Each cot has either a pull down or reclining chair bed next to it where you can sleep. Please note that there is only space for **one** parent or guardian to stay with your baby overnight. We will provide all necessary bedding and linen during your stay. Please ensure that your bed is put away by 9am each morning so that we have easy access around your baby's cot.

There is a locker beside your baby's cot where you can store both your and your baby's belongings. We recommend not bringing any valuables into hospital.



## Ward facilities

There is a parents' coffee room on the ward which you are welcome to use at any time. The room has everything you will need for refreshments and breakfast, as well as some freezer meals that have been kindly donated to us by Sophie's Legacy (for more information about Sophie's Legacy, please visit: [www.sophieslegacy.co.uk](http://www.sophieslegacy.co.uk)). You can label and store any food that you or your visitors bring onto the ward in the parents' coffee room fridge freezer.

We do not have a ward host/ess, so we ask that you please help us to keep the room clean and tidy by following the below:

- Leave the lounge as you would expect to find it.
- Load the dishwasher (as and when it is full).
- Wash up after yourself and put your things away in the correct drawers or cupboards.
- Use the hooks provided to hang your outdoor coats up (please don't leave any valuables in your coat pockets).
- Use the parents' lockers to store any necessary valuables.

On the ward we also have an expressing room and showers and toilets.

## Ward routine

### Ward rounds

There will be a weekly meeting between the nurse co-ordinator and the consultant (specialist doctor) in charge to discuss how your baby is doing and what the plans are for them that week. We actively encourage you to be a part of this meeting, so we will try to book a time slot with you for the Monday or Tuesday of each week. For the rest of the week, your baby will not be formally reviewed unless there are any further worries or concerns.

### Lighting

We will dim the main lights in the nursery at certain times during the day and night. This is to help your baby develop a normal sleep-wake cycle. Each cot has a personal light beside it which you can use during these times if you wish.

## What we expect from you

During your stay, we ask that you and any other visitors follow the guidance below. This will help to ensure the safety of the babies who are being cared for on the ward.

### Good hand hygiene

Washing your hands with soap and warm water and using the alcohol gel provided regularly is the best way to help protect your baby and others from germs and potential infections.



## Keeping the ward clean and tidy

Germs can live on surfaces for up to 48 hours. Keeping surfaces around your baby as clear as possible will ensure that they can be cleaned easily. Please can we also remind you to clean your mobile phone screen and casing regularly (studies have shown that, as we are frequently touching our mobile devices, they can spread germs and illnesses like coughs, colds, sickness, and diarrhoea if they are not cleaned regularly).

## Noise levels

When using mobile phones or other electronic devices to listen to music or watch videos, please use headphones so that noise is kept to a minimum.

## Illness

To protect your baby and the other babies and families staying on the ward, you or any other visitors should not come onto the ward if you:

- have cold or flu-like symptoms
- feel unwell
- have a stomach upset (vomiting or diarrhoea)

## Eating and drinking

You are welcome to have drinks and cold food in the nursery. However, **hot drinks must be covered with a silicone lid**. To prevent potential spillages and burns to you or your baby, **hot food must be eaten in the parents' coffee room**.

## Stopping smoking

Stopping smoking is one of the best things you can do for both your health and your baby's health. The hospital is a smoke-free site, and we encourage you and your partner not to smoke. Going home smoke-free reduces the risk of a condition called sudden infant death syndrome (SIDS) – the sudden, unexpected, and unexplained death of an apparently healthy baby. If you need help to stop smoking, please ask us. We can provide support or signpost you to local stop smoking services.

If you choose to smoke, we advise you to wear an item of clothing that can be removed before you go back to your baby.

## Visiting hours

You are welcome to stay with your baby on the ward 24 hours a day. If you have other children, they are also welcome to visit with you on the ward, but only during the daytime.

Extended family and friends (over the age of 16) are welcome to visit your baby each day, but they must come between the hours of 2pm and 7.30pm. Please note that there can be a maximum of two people at the cotside at one time and one of these must be the parent or guardian. If you have any questions about this, please speak to your nursery nurse.



## Family integrated care rooms

While your baby is cared for on Woodland ward, you may be given one of our family integrated care rooms to stay in. This room is designed to allow you and your partner space to stay with your baby as a family so you can prepare for life at home.

If you are not already staying in one of the family integrated care rooms, we will offer you and your partner the opportunity to move into one of these rooms for a period of time before your baby goes home.

During your stay in our family integrated care room, we will actively encourage you as a family to take over the care of your baby (please note that you will still have an allocated nurse who can provide guidance or support if needed).

## Feedback and concerns

We love to receive feedback from our parents and guardians. To be able to improve our service, we kindly ask you to complete a parent feedback questionnaire before you go home with your baby.

If you have any concerns during your stay, please speak to the nurse caring for your baby and they will address the matter.

## Parking

While your baby is staying on Woodland ward, you are entitled to a subsidised parking ticket. Please speak to your baby's nurse for more information.

## Contact us

You can contact us at any time for updates on your baby. Please call the relevant telephone number below to speak to the person in charge of your baby's nursery.

<b>Owl nursery</b>	<b>023 8120 6705</b>
<b>Rabbit nursery</b>	<b>023 8120 6774</b>
<b>Hedgehog nursery</b>	<b>023 8120 6778</b>



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