

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!



West Hertfordshire
Hospitals
NHS Trust

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If you need this leaflet in another language,
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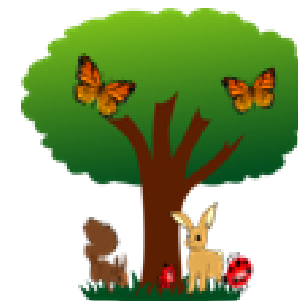
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A guide to...

Rooming in on SCBU

Patient information



Rooming In

Well done – you are on the road home.

Rooming in may 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' for, on average 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 completely caring for them but still giving you the reassurance that an allocated nurse will continue to support you and be there for any questions you may have. The nurse will introduce themselves to you and let you know where to find them at the beginning of their shift.

While rooming in you will carry out all aspects of care, including nappy changes, washing/bathing and giving medications as well as feeding your baby. If you are using formula you will be asked to bring this in so you can prepare it yourself.

You will be expected to be present for the whole time of rooming in, 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.

Routine observations will stop when you start rooming in and you will be given a feeding chart to complete. If you are worried about anything, please do not hesitate to discuss with your baby's allocated nurse.

Facilities we provide

- A double bed with pillows
- Basic bed linen
- Cupboard to store your belongings
- Chairs and a small table
- Feeding stool
- 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.
- Please ensure your baby is using their own bottles and formula. If you are bottle feeding. You will be expected to prepare and sterilize your own equipment.
- Your baby will be weighed regularly to ensure all is well.
- If you choose to stay one night but feel another night would be beneficial then please mention this to your nurse. We want you to feel happy and confident.
- Please ensure you are confident in drawing up and administering any medication your baby is being given
- Please make sure you have brought in your baby's car seat (and know how to use it!) whilst rooming in, if you are going home by car/taxi.
- The unit does not provide food for parents. The parent's 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.

Safety on the SCBU

- Please note that West Hertfordshire NHS Trust is a non-smoking trust, which does not permit smoking anywhere within the hospital site.
- Rooming in rooms must not be locked whilst you are resident in them, due to possible emergency access being required. 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 guide you on what to do to keep you and your baby safe.
- When bringing your baby to the nursery, please transfer him/her in their cot. Do not carry your baby while on the unit.
- Please do not bring any valuables with you as their safe-keeping can not be guaranteed.