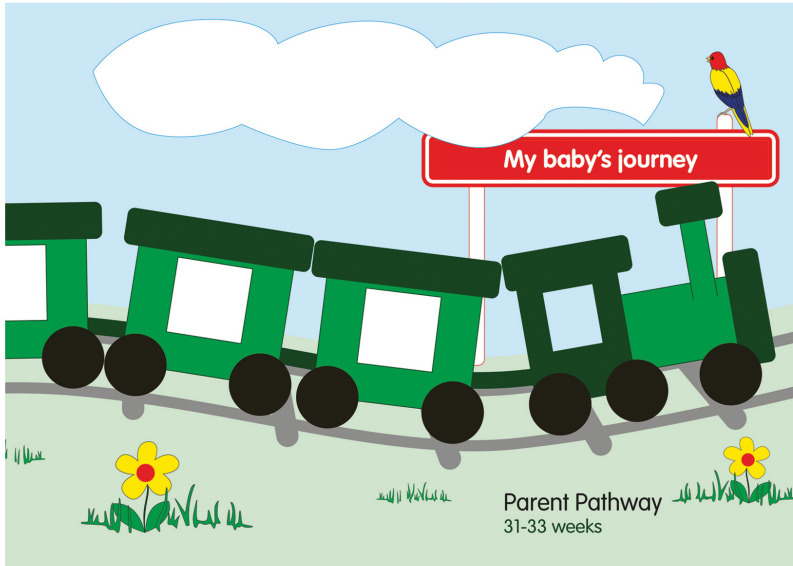


The 'How' and 'Why' of Feeding	How can I help?	
<p><b>Week 1</b> How can I feed my baby? What happens if my baby cannot have milk to start with?</p> <p>What are the advantages of breast milk? How can I express my milk? How and where do I store my expressed milk?</p> <p>Why is my baby fed through a tube? Can I help with tube feeding?</p> <p>When can I have a kangaroo care cuddle with my baby?</p> <p>When will my baby be able to suck and swallow milk?</p>		
<p><b>Week 2</b> What happens if my baby does not tolerate feeds?</p> <p>How am I doing with expressing my milk? Have I seen a breastfeeding advisor yet? How long can I store my breast milk for?</p>		
<p><b>Week 3</b> How am I doing with expressing my milk and tube feeding?</p> <p>How can I help encourage my baby's sucking when tube feeding? Will kangaroo care positioning help?</p>		
<p><b>Week 4</b> Is my baby ready to suck and swallow milk yet? How will I know when my baby can suck and swallow milk?</p>		
<p><b>Week 5</b> What happens if I want to breastfeed but cannot be here? What is cup feeding?</p>		
<p><b>Week 6/7</b> Who can help me with feeding when my baby comes home.</p> <p>Any questions?</p>		

My baby's name:		The 'How' and 'Why' of Sleeping	How can I help?	
Date of birth:		<p><b>Week 1</b> Why does my baby sleep a lot of the time? Why does my baby not know day and night?</p> <p>Why do the staff disturb my baby when they are sleeping?</p> <p>Why do we cover the incubator?</p>		
		<p><b>Week 2</b> How do I know when my baby needs to sleep? Does my baby have a sleep cycle and what does it mean?</p> <p>Can I read a bedtime story to my baby?</p>		
		<p><b>Week 3</b> When should my baby only sleep on the back?</p> <p>Why should my baby be positioned 'feet-to-foot' when in a cot?</p>		
		<p><b>Week 4</b> Is my baby able to spend more time awake now?</p>		
		<p><b>Week 5</b> Is my baby sleeping more at night than in the daytime?</p>		
		<p><b>Week 6/7</b> When my baby comes home, can they share my bedroom? What about my bed? What if I smoke?</p> <p>Is there a leaflet to take home?</p> <p>Any questions?</p>		

The 'How' and 'Why' of Temperature	How can I help?	
<p><b>Week 1</b> Mum and Dad - have you both had a cuddle with your baby?</p> <p>How can I keep my baby warm when I am touching them?</p> <p>What about skin to skin / kangaroo care? How do I know my baby is warm enough?</p> <p>Is my baby warm enough under phototherapy lights?</p>		
<p><b>Week 2</b> Is the incubator temperature being turned down?</p> <p>Can we bring in our own clothes for our baby?</p>		
<p><b>Week 3</b> How often can we do kangaroo care?</p> <p>How do I know when my baby can move to a cot or hot cot?</p>		
<p><b>Week 4</b> How do I tell if my baby is too hot or cold? Why should I feel the temperature by their chest not their hands or feet?</p>		
<p><b>Week 5</b> How do I keep my baby warm at home? Ask about clothes, blankets, room temperatures and going out.</p>		
<p><b>Week 6/7</b> When my baby goes home, when should they wear a hat?</p> <p>Any questions?</p>		

The 'How' and 'Why' of Breathing	How can I help?	
<p><b>Week 1</b> Does my baby need help with breathing? What are desat's, brady's, and apnoeas? (sometimes called ABC's)</p> <p>How can I help my baby with breathing? What position makes my baby's breathing easiest?</p> <p>Does my baby still need help with breathing? How can I tell?</p>		
<p><b>Week 2</b> How is my baby now? Maybe needing some oxygen?</p> <p>How can I tell when my baby's breathing is getting better?</p>		
<p><b>Week 3</b> What help does my baby need now with breathing?</p> <p>How can I tell when my baby's breathing is getting better?</p>		
<p><b>Week 4</b> Is my baby likely to need oxygen at home?</p>		
<p><b>Week 5</b> How will I know if my baby is poorly at home? For example, coughs and colds.</p>		
<p><b>Week 6/7</b> Will I stay overnight with my baby in hospital?</p> <p>Any questions?</p>		



The 'How' and 'Why' of Feeding	How can I help?	The 'How' and 'Why' of Growth	How can I help?
<p><b>Week 1</b></p> <p>How can I feed my baby? What happens if my baby cannot have milk to start with?</p> <p>What are the advantages of breast milk? How can I express my milk? How and where do I store my expressed milk?</p> <p>Why is my baby fed through a tube? Can I help with tube feeding? Would it help to suck a dummy when they are having tube feeds?</p> <p>Have I seen a breastfeeding advisor yet?</p> <p>When can I have a kangaroo care cuddle with my baby?</p> <p>When will my baby be able to suck and swallow milk?</p> <p>How long can I store my breast milk for?</p>		<p><b>Week 1</b></p> <p>Why is my baby weighed and measured? Can I see my baby's growth chart?</p> <p>What do the lines on the growth chart mean?</p> <p>How often will my baby be weighed?</p> <p>Why will my baby's weight go down before it goes up?</p> <p>Why is head circumference important? How can I help my baby's growth?</p>	
<p><b>Week 2</b></p> <p>Is my baby ready to suck and swallow milk yet? How will I know when my baby can suck and swallow milk?</p> <p>How am I doing with expressing my milk and tube feeding?</p> <p>How can I help encourage my baby's sucking when tube feeding? Will kangaroo care positioning help?</p>		<p><b>Week 2</b></p> <p>Do we have 'weigh' days?</p> <p>Have I been shown my baby's 'Red Book'?</p> <p>Why does my baby have vitamins?</p> <p>How is my baby doing?</p>	
<p><b>Week 3 onwards</b></p> <p>What happens if I want to breastfeed but cannot be here? What is cup feeding?</p> <p>Have I seen the breastfeeding advisor again?</p> <p>Any questions?</p>		<p><b>Week 3 onwards</b></p> <p>How do I get the medicines to go home?</p> <p>Have I been shown how to give my baby the vitamins and iron?</p> <p>How is my baby doing?</p> <p>Any questions?</p>	

My baby's name:	The 'How' and 'Why' of Sleeping	How can I help?
Date of birth:	<p><b>Week 1</b></p> <p>Why does my baby sleep a lot of the time? Why does my baby not know day and night?</p> <p>Why do the staff disturb my baby when they are sleeping?</p> <p>How can I help my baby to sleep?</p>	
	<p><b>Week 2</b></p> <p>How do I know when my baby needs to sleep? Does my baby have a sleep cycle and what does it mean?</p> <p>When should my baby only sleep on the back?</p> <p>Can I read a bedtime story to my baby?</p>	
	<p><b>Week 3 onwards</b></p> <p>Why should my baby be positioned 'feet-to-foot' when in a cot?</p> <p>When my baby comes home, can they share my bedroom? What about my bed?</p> <p>What if I smoke?</p> <p>Is there a leaflet to take home?</p> <p>Any questions?</p>	

The 'How' and 'Why' of Temperature	How can I help?	The 'How' and 'Why' of Breathing	How can I help?
<p><b>Week 1</b></p> <p>Mum and Dad - have you both had a cuddle with your baby?</p> <p>How can I keep my baby warm when I am touching them?</p> <p>Is my baby warm enough under phototherapy lights?</p> <p>What about skin to skin / kangaroo care? How do I know my baby is warm enough?</p> <p>Can we bring in our own clothes for our baby?</p>		<p><b>Week 1</b></p> <p>Does my baby need help with breathing? How can I tell?</p> <p>What are desat's, brady's, and apnoeas? (sometimes called ABC's)</p> <p>How can I help my baby with breathing?</p> <p>What position makes my baby's breathing easiest and why?</p> <p>How can I tell when my baby's breathing is getting better?</p>	
<p><b>Week 2</b></p> <p>Is the incubator temperature being turned down?</p> <p>How do I know when my baby can move to a cot or hot cot?</p> <p>How often can we do kangaroo care?</p>		<p><b>Week 2</b></p> <p>How is my baby now? Maybe needing some oxygen?</p>	
<p><b>Week 3 onwards</b></p> <p>How do I tell if my baby is too hot or cold? Why should I feel the temperature by their chest not their hands or feet?</p> <p>How do I keep my baby warm at home? Ask about clothes, blankets, room temperatures and going out.</p> <p>When my baby goes home, when should they wear a hat?</p> <p>Any questions?</p>		<p><b>Week 3 onwards</b></p> <p>How will I know if my baby is poorly at home? For example, coughs and colds.</p> <p>Any questions?</p>	