

NICU's Parents & Visitors House Rules

For the wellbeing and the safety of the babies

Parents are not considered visitors as they are fundamental in their baby's care.

To help prevent infection:

- Everyone who enters the clinical area must be 'bare below the elbows' including jewellery or watches
- Follow the "Five Steps to the Baby" when entering the unit
 1. Gel your hands as you enter via the front door
 2. Parents store personal items in lockers
 3. Parents deposit milk in the freezer
 4. Wash your hands at the sink
 5. Most importantly gel your hands before and after you touch your baby - "Gel Baby Gel"
- If parents or siblings are unwell they should check with nursing staff before visiting their baby
- Any visitors who are unwell (cough, cold, diarrhoea, vomiting, cold sores) are not permitted in the Nurseries
- Siblings may visit, but must be supervised at all times

To maintain a quiet environment and maximise development:

- Parents may visit ANY time
- Only parents can visit in "Quiet Time" 1pm – 3pm
- Only 2 parents or visitors per bedside at any one time
- At times of high activity and/or procedures, parents and visitors may be requested to leave the clinical area
- No prams allowed in the clinical area
- Mobile phones to be placed on "silent or quiet" mode

For the safety of the babies, parents, staff and visitors:

- No food is permitted at the bedside
- No hot drinks in the clinical area
- Babies are not to be carried around, please use their bed to move them within or outside the clinical area
- All staff, parents, and visitors are reminded to consider others in this intensive care environment

Any queries regarding the above rules, please discuss with senior nursing staff

The Babies are Worth it!

