

Grantley Stable Neonatal Unit

Parentcrafting

Information for parents



Consumers and carers provided
feedback on this publication

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Parentcrafting

Moving from the nursery to home is a major milestone for many families. Parentcrafting before discharge offers you and your baby time together whilst having the nursery staff nearby for support. Staying in the parentcraft rooms is a normal part of the discharge process. Families usually stay for 2 nights however it can be longer depending on your baby's needs.

Are we ready?

Babies are usually ready to parentcraft when they feed well at every suck feed, are gaining weight, have adequate wet and dirty nappies, and have good temperature control in the open cot. Breastfed babies need to be having 4 to 5 full breastfeeds a day, and bottle-fed babies between 5 and 8 bottles a day. Some breastfed babies will have breast feeds during the day and NG feeds overnight until they are ready to parentcraft. Each baby and their family have different needs and so discharge planning is made with you, the doctors and the nurses all talking together.

Getting prepared

Discharge Education - Your discharge education sheet must be complete before parentcrafting. This includes the parent education videos: Newborn Resuscitation and SIDS. If you have not commenced or are unsure about the discharge education sheet please ask the nurse caring for your baby.

Discharge Examination - Your baby will have their final check by a Medical Officer or Neonatal Nurse Practitioner prior to you moving into the parentcraft rooms. This will be recorded in your baby's Personal Health Record Book (red book). Staff will also arrange all appointments, referrals and medications.

Staying in parentcraft

- Partners are welcome to stay
- Other children are not permitted to stay overnight
- Rooms are available after 12 pm and transfer into parentcraft needs to occur by 4pm (latest).

Meals

- All meals are provided during your stay. Please let staff know of any special diet requirements.
- There is a fridge in the room.
- Kitchenette facilities are also available with microwave, cutlery, crockery, tea and coffee.

Linen and Equipment

- All bedding, linen and towels are supplied.
 - Cot, bath and change tables are also available in the room.
 - Bring your own clothes and toiletries and an outfit for your baby/s to travel home.
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Bathrooms

- Bathrooms are shared between the 2 parentcraft rooms and can be locked from both sides.

Formula

- If your baby is having formula, please bring in a tin so we can show you how to make it up correctly before you move to parentcraft.
- If you have EBM in the nursery freezers, please bring an eski to transport it home when you are discharged.

Supervision of your baby

You will be caring for your baby while you are in parentcraft and will need to record their input (fluids in) and output (wees and poos). A nurse will check on you each shift to record your baby's observations and to answer any questions you may have. You can call them on 73976.

Please be aware that when you are in parentcraft your baby is still a patient and therefore, cannot be taken outside the nursery area. Your baby must always be supervised and is to be put in the cot for transporting around the nursery and to parentcraft rooms.

If you need to leave the nursery area for any reason, please discuss this with your nurse. Also, you can call the nursery on 73978 anytime you require assistance.

Phone calls

Your room has a direct-dial phone for ALL incoming calls. The dial tone can be adjusted, and if on minimal tone, a light will flash to indicate there is an incoming call. Please keep in-coming calls to a minimum.

- Parenting Room 1 number : 3646 2252
- Parenting Room 2 number : 3646 2253

Visiting Hours - 10am to 8pm

Members of your immediate family may be able to visit you in the parentcraft room. This visiting policy is subject to change depending on current health directives. Please check with nursing staff about current visiting policies.

Please note, the unit's visiting policy with regards to coughs, colds and other illnesses still apply to all visitors. Siblings must have their vaccination status cited by nursing staff.





Emergency procedures

Staff will talk to you about the emergency and fire procedures and show you the emergency exits on transfer to the parentcraft room. If an alarm is activated, stay calm and remain in the parentcraft room area, staff will give you further instructions.

Please note the **'Nurse Call'** button. This is an alarm and should only be used in the event of an **EMERGENCY**. This alarm is heard in the nursery, by pushing this button nursery staff will respond immediately.

Security Issues

We recommended that you do not leave valuables unattended in your room.

During the hours of 11pm and 6am (after-hours), there is **LIMITED ACCESS** between floors for all inpatients and visitors. This also applies to entry via the front doors.

Anyone may exit the building after-hours, but re-entry is only possible through either the main Emergency Unit doors or by authorised staff releasing the main hospital door via a camera and intercom link at the front of the building.

Day of Discharge

The parentcraft room must be vacated by 10am. If you are unable to co-ordinate transport home by this time, you are welcome to wait in the Parent's Lounge.

Prior to leaving, you will be asked to bring your baby to the Nurses' station in their cot for an ID band check and to be given your Personal Health Record Book. Your appointment and follow-up will be discussed with you in more detail so that you have a good understanding of the information and arrangements. Some babies will also need to come back to the nursery for a check weigh in 2-4 days.

Please also ensure that you collect ALL your breast milk from the unit's fridge and freezers.

Car Capsules

It is the law in Queensland that all infants less than 8 kilos are restrained in an approved child restraint when travelling in a vehicle. A 'rearward facing capsule' or 'Infant Restraint' is the required fittings. Please ensure that such a device is appropriately fitted to your car prior to parentcrafting to prevent delays on discharge. If the device is not fitted, we will not be able to discharge your baby.

These devices can be hired from organisations such as Kids Safe House.





Queensland
Government