

East of England Neonatal Transitional Care

Information for parents and carers

Congratulations on the arrival of your precious little one! As you embark on this incredible journey of parenthood, we understand that you may feel many emotions. At this time, your baby may need a little extra support before they are ready to go home. This leaflet will provide you with information and guidance on Neonatal Transitional Care, also known as 'TC', helping you feel empowered and confident in caring for your baby.

What is Neonatal Transitional Care?

Neonatal Transitional Care refers to the specialised care provided to babies who require extra support during the first few days or weeks of life. This care aims to ensure a smooth transition to your home, particularly for babies who may have been born prematurely or with medical conditions. However, at times, babies may require additional care and could need to be transferred to the Neonatal Unit.

Neonatal Transitional Care aims to keep families together and you will be able to be with you baby throughout their stay.

Why does my baby need Transitional Care?

There are various reasons why a baby may require Transitional Care, including premature birth, low birth weight, respiratory distress, or other medical conditions. Transitional Care provides the necessary monitoring, support and medical care to help your baby be ready for home.

Where will my baby receive Transitional Care?

Your baby can stay with you under Transitional Care on the Midwife-Led Unit, Consultant-Led Unit and recovery. The main base of our Transitional Care is on Gloucester Ward, which is our postnatal ward.

Can my family and friends visit us in Transitional Care?

Depending on where you are, will depend on the visiting policy. However, your partner can stay with you the whole time. The main Transitional Care Unit on Gloucester Ward has a visiting policy that two visitors (in addition to the nominated birth partner) can visit between 3pm - 9pm. We are asking visitors to be mindful of mealtimes when planning their visit; this is at 5pm - 6pm.

What can I expect during Transitional Care?

- **Close monitoring** - Your baby's physical signs, feeding patterns and overall health will be closely monitored by a team of healthcare professionals. We will discuss your baby's care with you each step of the way.
- **Support with feeding** - If your baby is having difficulty feeding, our team will provide guidance and support to ensure your baby receives enough food.
- **Kangaroo care** - Skin-to-skin contact with your baby, also known as kangaroo care, is encouraged as it promotes bonding and helps regulate your baby's body temperature, heart rate, and breathing.
- **Education and support** - Our team will provide you with education and guidance on caring for your baby, including feeding techniques, safe sleep practices and signs to watch for whilst preparing for discharge home.
- **Facilities for expressing** - We have expressing rooms on both Gloucester Ward and the Neonatal Unit; there are also portable expressing pumps that you are able to use at the bedside.
- **Meals** - During your stay, mothers will be provided with hot meals in all areas.
- **Parents' lounge** - In the Neonatal Unit, we have a parent's lounge which is available to the parents of a baby on Transitional Care, if you need some time out in a home-from-home environment.

Useful tips for parents and carers in Neonatal Transitional Care

You can help reduce your baby's risk of getting an infection by:

- Always wash your hands or use the alcohol-based hand rub provided before caring for your baby.
- Asking visitors to wash their hands or use alcohol-based hand rub before they touch your baby.
- Staff should always wash their hands or use alcohol-based hand rub before they touch your baby. However, please do ask us to confirm this or remind us to do so.
- Reminding family and friends not to visit if they are feeling unwell, specifically with colds, sore throats, cold sores, diarrhoea, and vomiting.
- Avoid sharing baby products.
- If you are bottle feeding, always throw away unfinished feeds.
- Ensure that you are sterilising feeding equipment.

Help keep your baby safe in Neonatal Transitional Care by:

- Ensuring that your baby has identification labels on both feet and the details are correct. If these labels are not present, please let a member of staff know immediately.
- Check that staff are wearing identification badges. If you cannot see a badge, ask staff to show it to you.
- Never leaving your baby unattended. However, if you must leave your room without your baby for any reason, ensure that someone you know (your partner, a family member or friend) can stay with your baby until you return. If no one is available, please let a member of staff know.
- **Never** let anyone, including staff, into the ward; we will let all visitors in.
- Chargers for electrical devices must be device approved and intact (no exposed wires). These are not to be left unattended.
- Be mindful when having hot drinks. The bay may get busy; we want to ensure everyone stays safe and avoid spillages.

Your role as a parent

- **Speak for your baby** - Don't hesitate to ask questions, share concerns, or seek explanations from us regarding your baby's care.
- **Take care of yourself** - Remember to prioritise self-care, both physically and emotionally, during this time. We are here to help.

Preparing for discharge

As your baby progresses and becomes ready for discharge, our team will work closely with you to ensure this is as smooth as possible. We'll provide you with the necessary resources, support and follow-up care to help you feel confident in caring for your baby outside of the hospital setting.

Remember, you are not alone on this journey. Our dedicated team is here to support you every step of the way. If you have any questions or concerns, please don't hesitate to reach out. Together, we'll provide the best possible care for you and your baby.

Further information

The Lullaby Trust - How to reduce the risk of SIDS for your baby

- www.lullabytrust.org.uk/baby-safety/safer-sleep-information/safer-sleep-overview/
- Helpline 0808 802 6869

Unicef UK - The Baby Friendly Initiative - Breastfeeding Leaflet

- <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2022/10/Breastfeeding-leaflet.pdf>

Unicef UK - The Baby Friendly Initiative - Guide to Bottle Feeding Leaflet

- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/bottle-feeding-resources/guide-to-bottle-feeding/>

Unicef UK - The Baby Friendly Initiative – Foreign Language Resources

- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/foreign-language-resources/>

Useful contact details

East and North Hertfordshire Teaching NHS Trust:

- Website www.enherts-tr.nhs.uk
- Telephone 01438 314333

Neonatal Unit, Lister Hospital:

- Telephone 01438 314125



Leaflet information

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**You can request this information in a different format or another language;
please speak to your doctor or nurse.**

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