



Helping Hand

A Newsletter for Families

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University of Connecticut Health Center 263 Farmington Avenue Farmington, Connecticut

Breastfeeding Your Baby

by Donna Howe, R.N.

You have made the decision to breast feed your baby. Congratulations! Whether it is a short term decision or a long term decision, you will be supplying something to your baby which only you can provide. Whether you have delivered a term baby or a preterm baby, your body is immediately prepared to begin the process of breastfeeding.

The milk that is initially produced for your baby is called colostrum. Colostrum in both preterm and term infants is rich in disease-fighting antibodies and cells to protect infants against bacterial and viral infections. The preterm infants' milk is richer in substances which support their immature defense system. Colostrum is also lower in fat and carbohydrates, but higher in protein. Breast milk also supplies important nutrients such as fatty acids to aid in proper digestion and lactose for proper brain growth.

Breastfeeding not only provides benefits to the baby, it also provides benefits to you. Both the nursing and medical staff are eager to aid in the success of your breastfeeding experience. We now have lactation consultants available to answer questions, offer encouragement, and make suggestions to help make your breastfeeding experience successful and enjoyable. Please ask your baby's nurse if you would like to meet with a consultant.

Chaplain Services



The Murray Heilig Chapel is located on the main floor across from the Gift Shop. Chaplains are available to parents and families at all times. They can perform baptisms and offer spiritual support and prayer. Please see your nurse to contact a chaplain.



Newborn Intensive Care and Nurseries



Family Services

Family programs are available to all families in the nurseries and are provided *free* of charge. These programs include:

- Parent group
- Parent library
- Infant CPR classes
- Breastfeeding Resource & Support Team
- Cuddler Program
- Parent-to-Parent
- HEAL

Please see the Family Program List in your *Parent Packet* or those posted at scrub sinks for a description of each.

Editorial Board

Shari Galvin, R.N., B.S.N.

Donna Howe, R.N.

Martine Scibilia, R.N., B..S.N.

Peg Tuttle, R.N.C.

Question of the Month

"Should I spend time with my baby if I have a cold?"

by Martine Scibilia, RN, BSN

The cold and flu season is here so it is very important to protect your baby from getting sick. Premature or sick babies in the nursery are not as able to fight infection and can become very ill from exposure to a cold or the flu. If you think you may have a cold, or are not feeling well, we encourage you to postpone being with your baby until you are feeling better. This applies to siblings, grandparents and other visitors, as well. Relatives who are unable to visit the nursery may enjoy photos, videos, messages left on machines with updates about the baby, etc.. Please call the nursery at any time to check on your baby.

Handwashing is a must before coming into the nursery to see your baby. If you touch your face or mouth, be sure to wash your hands again before touching your baby. Your baby's well being is a top priority. Ask your baby's nurse any questions or concerns you might have. She will be happy to assist you. Thanks for your cooperation!



Visiting Baby

- Parents are welcome to be with their infants 24 hours a day.
- Grandparents and other adult visitors over age 14 are welcome with a parent between 11:00 am and 8:00 pm.
- Siblings are welcome after a brief health screening. Please speak to your baby's nurse.
- Guidelines for visiting are in your *Parent Packet*.





Parents Corner

Families with a baby in our nurseries now have a computer available to them. A computer was donated to our unit by the family of one of our NICU graduates and is dedicated for "parent use" only. It is equipped with internet access as well as Microsoft Office.

Please feel free to use it as needed. It is located in the OB Patient Lounge, which is at the end of the obstetrical hallway.



Who's Who in the Nurseries

by Nona Williams, R.N.

Attending Neonatologist: This is a physician who leads the medical team and is ultimately responsible for all decision-making. We have 6 attendings and they each manage the nurseries for approximately 3 weeks at a time.

Fellow: A pediatrician who is continuing their education in the subspecialty of neonatology.

Resident/Intern: These are doctors with 1-3 years of experience. They specialize in Pediatrics and provide direct patient care in the NICU.

Neonatal Nurse Practitioner/ Physician Assistant: These are advanced practice individuals with formal education and clinical experience in the management of sick newborns. They provide care to your infant under the supervision of the attending Neonatologist.

Primary Nursing Team: The nursing staff is made up entirely of Registered Nurses. When your baby is admitted to the nursery, you and your baby are assigned a primary nursing team. The team is made up of nurses from all shifts to provide consistent care for your baby.

Newborn ICU 860-679-2397

Discharge Planning Nurse: She is a nurse who is dedicated to making the transition from our nursery to your home or a hospital near your home as smooth as possible. She can help suggest doctors for your baby near your home and will coordinate any supplies or appointments needed after discharge.

Social Worker: Each baby and family is assigned to our social worker. She provides a variety of services extending from emotional support to providing financial information.

Developmentalist: There is a Newborn Developmental Team, including two developmental specialists, a developmental nurse educator, and a developmental support coordinator who work closely with the medical team and with families to help identify and support each infant's unique developmental needs throughout their hospitalization and in the transition to home.

Neonatal Dietitian: She is an experienced nutritionist who specializes in infant care. She works with the medical team to ensure that all babies receive the best nutrition therapy possible. She is available to parents to discuss any questions about your baby's nutrition or growth.

Respiratory Therapists: These professionals maintain the equipment that is used to help your baby breathe and assist the team with decisions regarding respiratory support.

Support Staff: Our support staff consists of:

Nurse's aides who maintain the supplies and equipment in the nursery.

Health unit clerks provide secretarial support to the nurseries and maintain patient charts. They also welcome families and visitors to the nurseries.

Cuddlers are a group of volunteers who have specialized training to hold or "cuddle" the babies when parents can't be present. They also may comfort some babies in their incubators.

All of the support staff help the health care team give our best care to you and your baby.



It Out!



The nursery has a new website. Thanks to one of our neonatologists, Dr. Naveed Hussain, parents can log on to a new website for information on our nursery here at UConn. Go to <http://neonatal.uchc.edu> and learn about our history, get phone numbers for our nurseries, directions to the hospital, view a list of

Special Care Nursery 860-679-3449

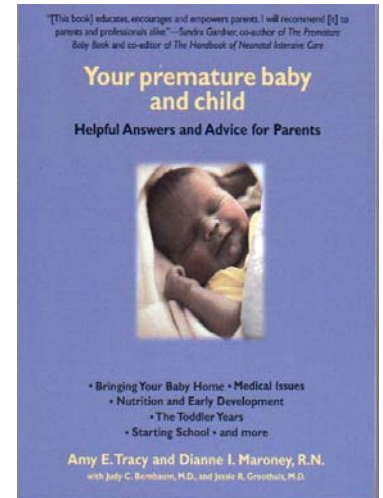
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programs available to parents, or view a list of doctors caring for your infant. You can even see baby pictures from this site by clicking on "Baby Picture" and choosing the birth month of your special little one. Click on "links" to see a list of resources for parents. Information on the Birth to Three Program, Kids Growth, Infoline, Health Steps, Premie-ring, and Premature-infant.com, can be found here.

The premature infant.com site offers a wonderful book entitled "Your Premature Baby and Child: Helpful Answers and Advice for Parents" by Amy E. Tracy and Diane I. Maroney, R.N. This is a unique book because it is written by two mothers of premature babies, one of which is a NICU nurse. It provides guidance on issues such as:

- Homecoming preparations
- Medical problems
- Feeding concerns
- Development and early intervention
- Transitioning to school
- Emotional support

"At last a book for preemie parents after the NICU"... It is available through this website for \$14.94 or through amazon.com, or at your local bookstore.



CPR Classes are Posted in the Parent Lounge



Newborn Nursery 860-679-3401