



Neonatal unit information during the COVID-19 (coronavirus) pandemic

Information for parents

Dear parents,

Having a baby in the neonatal unit can be a worrying time for parents. This is especially so during these challenging times. Following the COVID-19 outbreak, the neonatal teams across the Royal Free London have had to adapt our practice to keep your babies and the staff who care for them safe. Like many neonatal units across the country, we have had to restrict visiting. We know that not being with your baby is difficult and upsetting and that social distancing guidance means that family support is also more difficult during this time. We have put together this pack with information for families during the COVID-19 pandemic. This pack includes information on:

1. Visiting your baby on the neonatal unit.
2. Making the most of your time on the unit and ideas on how to stay connected when you are not visiting.
3. Expressing breastmilk: how to get started and how to maintain your milk supply after you go home.
4. Looking after yourself emotionally including tips from our veteran parents on what they found helpful.
5. The first steps home: some information about what support is available when you first take your baby home from the neonatal unit.
6. Little Stars: a post discharge 5-week course run by our neonatal occupational therapist on the Starlight neonatal unit at Barnet Hospital which is now running virtually.
7. Resources available to you both from the Royal Free London and also from other organisations.

Starlight Neonatal Unit at Barnet Hospital looks after babies born from 27 weeks gestation onwards. The neonatal unit on ward 6 West B at the Royal Free Hospital offers care to infants of 34 weeks gestation onwards. Intensive care is not available at the Royal Free Hospital. Babies requiring intensive care are transferred to Barnet Hospital by a designated medical transport team. Babies who require specialist neonatal care at Barnet Hospital or other hospitals may be transferred back to the Royal Free Hospital when they are stable for continuing care.

Babies born before 34 weeks gestation have a longer stay on the neonatal unit as they need medical support for longer before they are ready for discharge. We recognise this and offer additional support to these families.

If you have any questions at all, please speak to your midwife or phone and speak to one of the neonatal team.

Visiting the neonatal unit

As many of you already know, due to COVID-19 (coronavirus), the visiting policy on the neonatal unit has had to be radically reduced to ensure the safety of your vulnerable babies and the neonatal staff who care for them. We understand that this situation is extremely upsetting for you all, but we want to reassure you that all of our decisions are being guided by the experts, and are being reviewed on a daily basis. We ask that you work with us to keep your babies and the staff who look after them safe.

Visiting for parents who are well

In keeping with the current trust guidance, we are limiting visiting to **one parent, once a day for a maximum of two hours**. The parent visiting should stay on the unit for the full visit and they are requested to leave the unit and hospital grounds immediately at the end of the visit. Please call the unit beforehand to arrange a time to visit your baby.

We also recommend you sign up to vCreate, a secure messaging platform for you to receive updates such as photos and videos from teams looking after your baby outside of visiting hours. If you have not done so already, you can register for your account at: www.vcreate.tv/unit/231. One of the neonatal team will go through the consent form with you. We also have links for our parentcraft sessions available through the vCreate dashboard. vCreate is currently only available on Starlight Neonatal Unit but we hope to also introduce this on 6WB shortly.

Starlight neonatal unit child psychotherapist Katherine Mifsud and our occupational therapist Elaine McMahon will continue to offer their support for Starlight parents, as well as the rest of the team of doctors and nurses. On 6WB, the neonatal doctors and nurses support parents during their time on the neonatal unit. Alison Cattle, consultant child psychotherapist, is available to support families on 6WB.

We encourage you also to continue to adhere to the social distancing measures advised by the government along with strict hand washing at home and on the unit. Please stay at home and avoid all social contact, as per government guidance.

Please telephone us if you are unwell so that we can advise on visiting. Our unit telephone number is Starlight, Barnet Hospital: **020 8216 5160/5161** and 6WB, Royal Free Hospital **020 7830 2733**

Visiting for parents with confirmed/suspected COVID-19

Parents who have had a positive test for COVID-19 will not be allowed to visit their baby on the neonatal unit until 14 days after your symptoms have resolved. This is because pregnancy is immunosuppressive and may lead to viral shedding for longer. Parents who are being screened for COVID-19 will not be allowed to visit their baby until advised by their medical team in discussion with the infection control team.

There are lots of things you can do during this time:

1. Expressing breast milk: Breastmilk provides antibodies to support your baby's immune system. In this pack is information on how to express and store breast milk. Your midwife is also able to provide more information and support. National guidance is that breastmilk is safe to give to your baby if you have COVID-19.

However, due to the possible risk of transmitting the virus on expressing and storage equipment, we will not be able to store or give breastmilk expressed during your period of isolation to your baby whilst they are on the neonatal unit. Please freeze any breast milk expressed during your period of isolation in the freezer. You can give this breastmilk to your baby when you bring them home. Only breastmilk expressed after the end of your period of isolation will be given to your baby on the neonatal unit. When your baby is first born, the neonatal team may give them fluids and nutrition through an intravenous (IV) line if they are extremely premature or have breathing difficulties. When your baby is ready to have milk, formula milk or donor breast milk will be given until your breast milk can be given. The staff on the neonatal unit will discuss this with you when your baby is well enough to have milk.

2. If your baby is on Starlight Neonatal unit, you can Sign up to **vCreate** so that our staff are able to send you updates and photos/videos. Register for your account at: www.vcreate.tv/unit/231. A member of the neonatal team will go through the consent form with you. We also have links for our parentcraft sessions available through the vCreate dashboard. vCreate is currently only available on Starlight Neonatal Unit but we hope to also introduce this on 6WB shortly.
3. If your little one has siblings, request a **Starlight Siblings Pack** from a member of staff. This includes resources to support siblings to understand their new baby sister's or brother's journey before they come home.
4. If you or members of your immediate family, including your older children, require **support coping with your baby's stay in Starlight Neonatal Unit and being separated from your baby**, Katherine Mifsud, our child psychotherapist, will be available on Wednesdays to support parents and families. Should you wish to speak to her, please ask a member of staff to arrange a telephone appointment for you.

Parents can call the neonatal unit at any time on **020 8216 5160/5161 (Starlight) or 020 7830 2733 (6WB)** to speak to a member of the team for an update on their baby. If you have any questions at all, please speak to your midwife or phone and speak to one of the neonatal team. The current situation is unpredictable and changing rapidly. These measures may be altered at any time. We will aim to keep you updated as promptly as possible.

Making the most of your time – staying connected to your baby

At this difficult time, where you will have two hours per day to spend with your baby, we would like to support you in being able to make the most of the time with your little one.

When you are on the unit, we would encourage you to prioritise the following care-giving as they can be the most helpful for your baby's development, progression and supporting the next steps towards home:

- Holding your baby, ideally **skin to skin** for as long as you can
- **Feeding your baby**, whether via a tube feed, breast feed or bottle feed
- Helping with your baby's care from dummy dips to nappy changes to bathing
- **Observing and learning their cues**, their likes and dislikes and how they are communicating
- **Speaking, reading and singing** to your baby will also be comforting for your little one
- Ensuring your baby has a knitted square with **your smell** (your body scent – not the perfume you use) so they continue to smell your presence

When you are away from the unit, we encourage you to:

- **Express milk**; this will provide antibodies to your baby to support their immune system.
- The neonatal teams on Starlight and 6WB are here to look after your baby and to support you. Parents can call the neonatal unit for an update from the nurse looking after your baby at any time.
- Sign up to **vCreate**, to ensure our staff are able to send you updates and photos/videos. Register for your account on Starlight neonatal unit at: www.vcreate.tv/unit/231. We hope to have vCreate on 6WB soon.
- Read through the **Starlight developmental care resource pack** that we will provide, to support your understanding of how your journey may progress and skills you may like to learn more about, to support your baby's progress when on the unit and once discharged home.
- If your little one has siblings, request a **Starlight siblings pack** from a member of staff. This includes resources to support siblings to understand their new baby sister's or brother's journey before they come home.
- If you would like to speak about your baby's developmental progression, their positioning, comfort, how to read their cues, interacting with your baby whilst on Starlight unit and once you are discharged home, Elaine McMahon, occupational therapist, is available on Wednesdays and Thursdays and Sonja McGeachie, speech and language therapist is available on Wednesdays; they would be happy to speak by telephone or video call to support you and your family. Sonja can also offer support with infant feeding. Please ask a member of the Starlight team to book an appointment.

- If you require support feeding your baby, depending on what stage your baby is at, you may like to ask a member of staff to complete the training in NG tube feeding; to support you with breastfeeding during your visits or positioning for bottle feeding.
- Parentcraft sessions: advice on topics such as breastfeeding, completing care with your baby (eg nappy care/bathing) or baby massage will be provided on an individual basis on Tuesdays on Starlight Neonatal Unit. Please call the unit to arrange a time with Mandy or Anisa. We are also uploading parent craft videos on the dashboard on vCreate. On 6WB, the neonatal nursing team can give you advice and support on these topics.
- Katherine Mifsud, child psychotherapist has time available on Wednesdays afternoons to support parents and families coping with an admission to Starlight neonatal unit and being separated from their baby. Should you wish to contact her, please ask a member of staff to arrange an appointment for you with Katherine.
- Alison Cantale, psychotherapist, is available to support families on 6WB. Should you wish to contact her, please ask a member of staff to arrange an appointment for you with Alison.
- For support from current and previous families of premature babies on Starlight Neonatal Unit, we have 'Starlight' which is a closed private group on Facebook. When logged into Facebook, request to join the 'Starlight' group.

Feeding your baby

When your baby is first born, the neonatal team may give them fluids and nutrition through an intravenous (IV) line if they are extremely premature or have breathing difficulties. Alternatively, the doctors may decide they are mature enough to take milk through a small tube that is passed through the nose into the stomach. Please ask our team for one of our expressing kits, which has all the equipment you need and information on how to hand express your milk in the first few days.



Expressing milk for your baby

Breast milk is the best food for all babies and is of particular benefit for preterm babies. Preterm breast milk is very easy to digest and is absorbed more easily than formula milks. It is important for growth, development and reducing infection. It provides antibodies that protect your baby against bacteria and viruses, boosts your baby's immune system and protects against infections.

It is best to start hand expressing as soon as possible after giving birth, ideally within six hours of delivering your baby. You'll need to express frequently, 10-12 times a day, including during the night. After a few days you may find it easier to use a hand held or electric pump. An electric pump can also be used in the first days after delivery on the gentler "initiation" setting.



Initially when expressing you will only produce a few drops of colostrum – a sticky substance that is especially rich in nutrients – but once your milk comes in, a couple of days after the birth, the amount will increase.

You can store breast milk that has been expressed into a sterile container. Once expressed, the breast milk can be kept at room temperature for up to four hours. Otherwise, it should be put in the refrigerator immediately where it can be stored for up to 48 hours. Breast milk that is unused within 48 hours may be transferred to the freezer (unless previously frozen). It can be stored in a freezer at -20°C or below for up to three months. Defrosted breast milk should be used within 24 hours. Please ask a member of staff about how to label and store your breast milk on the neonatal unit.

Further information and a video on hand expressing can be found on the Unicef website here: www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/hand-expression-video

Breast milk and COVID-19

National guidance is that breast milk is safe to give to your baby if you have COVID-19. However, due to the possible risk of transmitting the virus on expressing and storage equipment, we will not be able to store or give breast milk expressed during your period of isolation to your baby whilst they are on the neonatal unit. We would encourage you to express breast milk during your period of isolation and freeze any breast milk expressed during your period of isolation in the freezer. Ensure you wash your hands thoroughly and you follow the sterilisation guidance (see resources). You should not share a breast pump. You can give this breast milk to your baby when you bring them home. Only breast milk expressed after the end of your period of isolation will be given to your baby on the neonatal unit.

Continuing your milk supply at home

Sonja, McGeachie, Starlight neonatal unit speech and language therapist

Now that you and baby are going home you might be feeling unsure if you're making enough milk or you might wonder how you can start increasing your milk supply?

Your breast milk is produced on a supply and demand basis. How often and how much milk is removed from the breast are the main factors that determine how much milk will be made. In other words, the more often the milk is removed from the breasts (by baby or breast pump), the more milk the breasts will produce.

- You can increase the frequency of emptying your breasts to start signalling to your body to produce more milk. Mothers often report an increase of their milk production when they do an early morning nursing or pumping session. Make sure you're nursing or pumping at least 8 times over 24 hours. If you're exclusively pumping your breast milk for your baby, double pumping (pumping on both sides at once) will yield more milk and decrease the amount of time you spend pumping.
- Another way to boost your supply is to breastfeed first and then pump. Sometimes your breasts may not feel completely "empty" after nursing, so add a pumping session right after your baby finishes feeding. This will stimulate your body to produce more and start increasing milk supply – even if it's just a little bit. Every drop counts!
- Taking good care of yourself can also impact your breast milk supply, and potentially increase breast milk production. Try keeping healthy snacks and bottles of water stashed by your bedside table, or the chair or couch where you most frequently nurse. Find time to relax and focus on yourself – take a bath, have a nap, read a book. It may seem nearly impossible to find the time, but by taking care of yourself you are taking care of your baby too!
- If your concerns about low breast milk supply go beyond what's been suggested, we recommend you reach out to:
 - **Community neonatal nursing team** – Debbie Hodge and Matilde Sella provide support after discharge.
 - **Infant feeding and healthy weight team lead and breastfeeding project co-ordinator**
 - Jane Markwick - jane.markwick@nhs.net
 - <https://globalhealthmedia.org/videos/> has amazing videos in many languages showing women from around the globe feeding their babies
 - **The National Breastfeeding Advice Line:** 0300 100 0212 (available 9.30am to 9.30pm, Monday to Sunday including Christmas Day and bank holidays.)

The first steps home



Community neonatal Sisters Debby Hodge and Matilde Sella

We know that now you are ready to go home it can be both exciting and scary. Each infant and family will have had a different journey through our neonatal units and will therefore have different requirements once home. You will have lots of information to refer to in your discharge pack.

If your infant was born above 34 weeks gestation and has gained weight well (without complication or specific requirements) you will be followed up by your community midwife/health visitor who will guide your continuing needs at home. The neonatal team on 6WB will be able to advise you if your baby needs any other appointments.

If your infant was born before 34 weeks or has specific needs identified by the Starlight neonatal team, you will be offered extra support by our community neonatal team. We will aim to have met you with your baby prior to going home. We work Monday to Friday, 8am-4:30pm. Our contact numbers are:

Debby Hodge 07730668738
Matilde Sella 07730667628

We will call you within 48 hours of going home and arrange any care or treatments your baby requires.

Due to the current COVID-19 situation we are not currently doing any home visits. Instead, we will continue to give support and advice by phone and email. We may advise you to purchase a set of baby scales for home. If you are unable to do this or need advice, please let us know. Once home, weigh baby on your new scales as they may differ slightly in readings to the hospital scales. We will use your first weight as the base line to work with from home. Please try to weigh prior to feed time (but not when baby is very hungry!) and without clothes or nappy on.

Please stay safe and stay home.

Looking after yourselves emotionally as parents during the COVID-19 (coronavirus) pandemic

Having a baby born premature or sick in neonatal care can cause many different feelings. There is no right or wrong way to feel. The restrictions on visiting are in place to keep your baby and the staff looking after them safe, but we know that this can make this time more difficult. Here are some tips on how to look after your mental health to help to get through this.



- Watch videos of your baby
- Keep in touch with the ward and call for regular updates
- Use a knitted square with your smell for baby and swap these around regularly, taking one with baby's smell for you at home
- When you can visit, spend the two hours cuddling, feeding and talking to your baby
- Ask to learn 'Parent craft' – videos have been posted on vCreate for you to learn these skills while at home. The nurse looking after your baby can also provide advice and support.
- Ask as many questions as you need – we understand and welcome this
- Make a decision on who will visit based on what is best for you both, whether this is taking it in turns, or the one who needs more rest or time to recover stays at home
- You will continue to establish a bond with your baby now and after your baby comes home; as difficult as it is to be apart, you will not forget each other
- When you feel strong enough, talk and listen to your partner or close family member about how you are feeling



Practise self-care when home

1. Limit social media and news coverage to that which will be helpful
2. Do your best to find something gentle and caring for yourself, doing an activity that you find relaxing/therapeutic eg knitting/sewing, puzzles, reading, music, cooking, watching a



light-hearted film or TV series, having a bubble bath, yoga or Pilates

3. Try to go out for a walk once a day (in accordance with the government's advice about social distancing) or into the garden/outside space – sunshine and fresh air are important
4. Eat healthily and regularly
5. If you can, take naps
6. Call or video call a friend or family member
7. It's ok to have a good cry
8. Plan a future trip away for when your baby is stronger, home, and travel is possible again
9. Get your home ready for baby eg start a book collection, paint a picture for the wall, make a snug space for you both, order necessary items, if you have other children make things with them for their new baby brother or sister
10. Keep a diary, with spaces to put photos, that can be read back and shared with your baby when they are bigger and you are all together
11. Connect with others in the same boat through Bliss, our Starlight Facebook group or exchange numbers with a fellow parent in the neonatal unit
12. Limit contact with others that make your anxiety worse
13. Have regular time out if you need some space at home – create a space even if it's a corner of a room with cushions and a book, just for you
14. If your partner, friends or family offer support, ask for what you need, as they want to help and wouldn't have asked if they didn't want to.

The Barnet, Enfield & Haringey child and adolescent mental health services (CAMHS) paediatric liaison service has close links with the Starlight clinical team. If you think the opportunity to talk to one of us about your fears and anxieties in confidence might be of benefit, do feel free to discuss this with the ward staff, who can put you in touch with us. During this crisis we will do our best to be available to speak to you on the telephone or video call, individually for mothers and fathers, or as a couple, on Wednesday afternoons.

The person on our team most involved with Starlight neonatal unit is: Katherine Mifsud, child and adolescent psychotherapist, specialist in parent infant psychotherapy. Other team members are Stephen Baker, child and adolescent psychotherapist, Dr Deborah Dover, consultant child psychiatrist and Alison Cattle, consultant child psychotherapist.



Self-care advice from veteran parents

Take it one day at a time: as hard as it is, take care of yourself (sleep, eat, fresh air): talk to each other, those friendships can be amazing: drink water: don't be afraid to go home and don't be afraid to call the ward as often as you like for updates.

Lucy

It's very tricky because I relied heavily on older relatives during our time on the unit, this must be very hard for current families. But use FaceTime and talk it out, it really helped me. Eat nice food and lots of healthy things but some nice treats too. Do some face masks ... Sometimes I found the experience incredibly tiring and physically demanding, sleep is so important.

Paula

It's ok to take a break... Trying to create some sort of routine or daily plan definitely helped break up what were otherwise long and exhausting days... You are part of your baby's team. Don't be afraid to ask lots of questions of the doctors, nurses and other parents to help you understand what is happening and to learn more. Celebrate every milestone and take lots of photos and videos. My husband loved singing and reading to our son. It helped us create a bond and feel like parents...

Alissa

Spend some time of your day for yourself... it will really help. The friends you make on the unit become your people and truly understand your journey like no others so talk to them...

Elizabeth

Do something for yourself at least once a week. I convinced myself it would be forever... I promise you it won't! Ask the nurses as many questions as you want about parenting, they have so much to offer.

Sinem

Keep a diary... reading was a good escape for me- nothing heavy, just an easy read... Talk to people- having normal conversations was a precious slice of normality.

Kunal

The Starlight closed Facebook group can provide peer support from current and veteran families of premature babies on Starlight Neonatal Unit. When logged into Facebook, request to join the 'Starlight' group.

Little stars



**Starlight neonatal unit
Barnet Hospital**

Little Stars is a **post discharge** group available for any family who has been at Starlight Neonatal Unit at Barnet Hospital. It is a weekly group run over a course of five weeks for up to 10 families. The group starts with baby massage and is followed by an educational talk on preterm and term development and progression.

The topics include:

Your baby's developing brain, behavioural states and learning their language

Your baby's sensory development

Feeding your baby, tube, breast, bottle and solids

Sleep, play and learn

Growth and development after prematurity

Due to COVID-19 these sessions will be carried out virtually. To access this, you need to have access to a tablet, laptop or computer with a microphone and camera. If you would like to attend a group through video or to wait for an in-person group, please contact me via the neonatal unit to join one of our next groups.

Elaine McMahon

Neonatal occupational therapist

Starlight Neonatal Unit

Resources

The Royal Free London neonatal teams are here to look after your baby and support parents. Please do ask if you have any queries at all. Below, we have summarised some of the resources available to you.

Some of the information below are links to external websites and material which may provide information which you find helpful. Please note that this does not constitute endorsement by the Royal Free London. We are not responsible for the accuracy, legality or content of any external sources referenced on this website. Please refer to the original author.

| Parent resources to access | |
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| <p>Expressing milk</p> | <p>Your midwife and the neonatal team are able to provide information and support to help you express breastmilk.</p> <p>A video on hand expressing can be found on the Unicef website here: www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/hand-expression-video</p> <p>Information about breastfeeding and diet can be found on the NHS website. www.nhs.uk/conditions/pregnancy-and-baby/breastfeeding-diet/</p> <p>Sterilisation guidance https://www.nhs.uk/conditions/pregnancy-and-baby/sterilising-bottles/</p> |
| <p>vCreate</p> | <p>Sign up to vCreate – www.vcreate.tv/unit/231.</p> <p>vCreate is a Secure Video messaging service which allows nursing staff to record short video clips and photos and share them with parents when they are unable to be with their child in the unit. You will be sent a consent form to use this system. The team will then be able to send you updates and photos/videos of you baby. There will also be helpful videos and advice around breastfeeding and baby massage added to the vCreate Dashboard by the Starlight team for parents to access.</p> |
| <p>Lullaby sheep - your voice for your baby</p> | <p>Ask a member of staff about a Lullaby sheep toy to record parents' voices, parental voice is a familiar sound that has been shown to be comforting for babies.</p> <p>The aim of the toys is to record your voice for your baby to listen to while on the unit, such as:</p> <ul style="list-style-type: none"> ● humming ● softly speaking ● singing ● reading for your baby |

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| | These toys have been funded by Chicco and the Royal Free Charity. |
| Developmental care information pack | Please ask for a Starlight developmental care resource pack to be sent or emailed to you. This will provide information on how to complete your baby's care, watching and reading your baby's cues and comforting your baby for when you are reunited with your baby. |
| Sibling support | If your little one has siblings, please request a Starlight siblings pack from a member of staff. This includes resources to support siblings to understand their new baby sister's or brother's journey before they come home. |
| Telephone and video advice and support | <ul style="list-style-type: none"> ● For an update on your baby's medical needs, please contact the unit to speak to or arrange a time to speak to the nursing or medical team. ● Elaine McMahon, Starlight neonatal occupational therapist - provides advice and support around your baby's development, positioning, comfort, interaction, reading your baby's cues and completing care with your baby whilst on the unit and to prepare for your baby being discharged home. Available on Wednesdays and Thursdays. ● Katherine Mifsud, Starlight child psychotherapist - to provide support around coping with your baby being in the neonatal unit and being separated from your baby. Available on Wednesday afternoons. ● Sonja McGeachie, speech and language therapist - to support your baby's feeding development through expression, breastfeeding, bottle feeding and supporting your baby's early communication skills. Available on Wednesdays. ● Community neonatal nursing team - to support your discharge home from the neonatal unit. Each family will be contacted to follow up your transition home. Their contact details are: Debby Hodge 07730 668 738; Matilde Sella 07730 667 628. ● Community infant feeding team - breastfeeding support teams. This is a great resource for community-based input when you are at home. You are welcome to contact the team directly in the following ways: Barnet: <ul style="list-style-type: none"> ○ Tel: 07815 717 055 ○ Email: clcht.breastfeedingsupport@nhs.net ○ Facebook: www.Facebook.com/BreastfeedingSupportinBarnet Camden: <ul style="list-style-type: none"> ○ Tel: 07808 891260 ○ Email: camden.babyfeedingteam@nhs.net ● Babies cry, you can cope –provides information on patterns of crying and what you can do to cope with crying http://iconcope.org/wp-content/uploads/2020/04/CS49907-NYY-ICON-LEAFLET-NEW.pdf |
| Little Stars | Following discharge from Starlight neonatal unit, all families are |

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| <p>group (following discharge)</p> | <p>welcome to join one of our Little Stars groups. This is a five week group, teaching baby massage and discussing developmental topics. Our current group will be hosted online and this will continue until we are able to restart our face to face groups. If you are interested in attending, please contact the unit on 020 8216 5161 and ask to be invited to the group.</p> |
| <p>COVID-19 specific support</p> | <p>The vCREATE team have put together a short video for parents with babies on the neonatal unit during the COVID-19 pandemic. https://www.youtube.com/watch?v=XTLOLh-a7w4&feature=youtu.be</p> <p>This is a short book to help you to support and reassure young children about coronavirus: https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_0a595408de2e4bfcfb1539dcf6ba4b89.pdf</p> <p>British Association of Perinatal Medicine (BAPM) also have a collection of useful resources including a coronavirus leaflet for parents.</p> <ul style="list-style-type: none"> • https://www.bapm.org/pages/181-family-integrated-care-covid-19-resources • https://hubble-live-assets.s3.amazonaws.com/bapm/redactor2_assets/files/480/Coronavirus - _Parent information for newborn babies leaflet 2020-04_07.pdf • https://hubble-live-assets.s3.amazonaws.com/bapm/redactor2_assets/files/481/Illness in newborn babies leaflet 2020_04_07.pdf <p>BLISS neonatal charity also has advice for common questions parents may have. https://www.bliss.org.uk/parents/support/coronavirus-covid-19-information</p> |