

PARENT GUIDE



CINCINNATI CHILDREN'S HOSPITAL MEDICAL CENTER
REGIONAL CENTER FOR
NEWBORN INTENSIVE CARE
(RCNIC)

513-636-4466

1-800-227-5560





Welcome

Welcome to the RCNIC – We realize that coming to the Newborn Intensive Care Unit can be a stressful experience for you and your family. We value your partnership in caring for your baby. We will make every effort to support your wishes to be with your baby and to participate in your baby's care.

Communicating with the Health Care Team

You are always welcome at the daily morning rounds for the discussion of your baby's plan of care. To respect the privacy of the other babies in the room, we ask that you step out briefly while the other babies are being discussed. If you cannot be at rounds, the nurse can give you the report and/or page the doctor for your further questions. We encourage you to phone into the unit at anytime. Information about your baby will only be given to you, the parents.

Spending Time with your Baby

- ❖ Parents and grandparents are welcome in the unit at anytime.
 - For security purposes, after 8:30 p.m. a wristband is needed from the front desk.
- ❖ Others may visit with you from 8:30 a.m. to 8:30 p.m.
 - Only persons you identify on your visitation plan may visit when you are not here.
- ❖ Up to 4 people may be at the bedside since babies need quiet and rest to heal.
- ❖ To reduce infection, we ask all visitors to wash their hands before entering the unit.
- ❖ Brothers and sisters 2 years and older may visit.
 - Please bring their shot records or have them faxed to (636-8125) before the visit, in case other shots are required.
 - Siblings need a health screening at front desk each day they visit.
 - Volunteers provide sibling care for brothers and sisters any age. (Mondays 5:30-8:00 p.m. and Thursdays 3:30-6:00 p.m.).
 - Sibling visitation is put on hold during cold/flu season due to increase risk of infection.
 - Staff are available to address your sibling concerns

Your Baby's Bedside

- ❖ We encourage you to personalize your baby's bedside.
 - Bring family photos, drawings and mementos (avoid bringing or leaving valuables at the bedside).
 - When taking photos or videos of your baby, please be careful not to include other babies in the picture.
 - Non-Latex, Mylar balloons may be brought into the unit (number, size and placement are important in the safe monitoring of your baby).
 - When your baby is ready, you may bring in your own clothes and toys, or they can be provided by the hospital during your stay.
 - Food and flowers are infection risks and are not permitted in the rooms.
 - Water in a closed container is permitted and can be obtained from the water/ice machine near the front desk.



Support and Resources

- ❖ Breastfeeding rooms and specialized staff are available to assist with breastfeeding needs.
- ❖ You are invited to have pizza at our weekly Monday night parent education meeting from 6:00-7:00 p.m.
- ❖ There is a family library for your use with internet access, books and pamphlets next to the front desk. This is also a place to relax. Other quiet areas to sit include, the Chapel in the A building and the Family Resource Center.
- ❖ The Family Resource Center is located upstairs from the cafeteria. It has books, computers, and staff that can help you obtain medical and support information.
- ❖ There are baby care classes, CPR and infant massage classes offered to families.
- ❖ Infant massage and healing touch are also available for your baby with permission from you and your doctor.

Accommodations and Food

- ❖ There are very limited sleep rooms available. Rooms are assigned based on individual family situations. Ronald McDonald housing may be available (636-7642). There is often a waiting list. A Unit washer and dryer is available for your use during your stay.
- ❖ A food court is open weekdays from 6:30-3:30 a.m., weekends and holidays from 6:30 a.m.-7:30 p.m.
- ❖ The hospital convenience store is open 24 hours.

Other Important Information

- ❖ Please turn off cell phones, since they may interfere with medical equipment. There are phones available for you to use. Please place pagers on vibrate mode.
- ❖ Some parents find it helpful to keep a record of their thoughts, questions, baby's treatment, progress, etc.

We hope this information is helpful to you. If you have further questions or concerns, please ask your baby's nurse.

