

# Having a brother or sister in the Neonatal Unit (NNU)



## What is the Neonatal Unit (NNU)?

The **Neonatal Unit** is sometimes called the NNU.

It is a special ward for babies who need a bit of extra help when they are born.

Instead of cots, babies often sleep in a warm box called an **Incubator**.



## Why do babies go to the Neonatal Unit?

Babies born a little early or who are unwell go to the unit.

Reference No.

**GHPI1825\_12\_23**

Department

**Neonatal – Easy  
 Read**

Review due

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**Patient  
Information**

## When can I visit?

You can come to see your baby brother or sister at any time as long as you are with your parents.

You have to take your coat off and wash your hands.

You will need to try and be as quiet as you can.



## What does the Neonatal Unit do to help your baby brother or sister?

Sometimes babies can't breathe very well on their own.

There are special machines to help them breathe.

Sometimes babies need extra help with having food.

We give them milk through a tube which goes through their nose to their tummy.

This doesn't hurt.



**Patient  
Information**



New babies can catch germs which makes them poorly.

We give them medicines called **antibiotics** to get rid of the germs.



Sometimes babies find it hard to stay warm.

We put them in a warm cot.



Babies sometimes get a problem with their blood that makes them look a bit yellow.

To help them we put bright lights over their incubator and give them sunglasses.



**How long will my brother or sister stay in the Neonatal Unit?**

All babies are different, they will stay until they are well enough to go home.

**Patient  
Information**



## **What can I do to help my brother or sister while they are in hospital?**

When they are well enough you can learn how to help change their nappy or feed them.

You can help by being as quiet as you can when you are with them in hospital. You can bring them cards, pictures and toys.

If you want to have a cuddle with your brother or sister ask one of the nurses.



## **What can I do if I have a question?**

The doctors and nurses will always help you and answer your questions.

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>