

Family Presence in the NICU

We encourage parents to spend as much time as possible in the NICU, and welcome you in the NICU 24 hours a day. We are committed to helping you gain confidence in caring for your baby, so it is important that we work together to provide the very best care for your baby and your family.

Being present in the NICU will:

- Give you a sense of involvement in all aspects of your baby's care
- Help you feel closer to your baby
- Help you bond with your baby and foster your relationship



Ways to support your baby in the NICU:

- Provide skin-to-skin care
- Provide breast milk
- Perform aspects of your baby's care (feeding, diapering, temperature-taking)
- Talk, read to, interact with and comfort your baby to support their development

Family Involvement:

- When you arrive in the NICU, show your ID band. Your ID band matches your baby's band. For security reasons, it is important to keep your ID band on at all times.
- Wash your hands before touching your baby. Hand washing is the single most effective way to prevent the spread of germs. Please ensure that other family members, including any siblings, follow the same procedure when coming into the NICU.
- Avoid wearing perfumes or colognes when coming in the NICU, as these may be harmful for your baby. As a reminder, BWH is a fragrant-free environment.
- Due to state regulations, food is not permitted at your baby's bedside. Water in closed containers is permissible.
- Avoid using your cell phone while at your baby's bedside.
- Please respect the privacy of other families during your time in the NICU.
- Emergency situations occasionally arise, and you may be asked to step outside of the care area. We appreciate your understanding and partnership during these events.

We encourage parents to spend as much time in the NICU as possible. For your support, we offer a discounted parking rate of \$5 per day. A coupon may be picked up at the front desk.

