



## Simple Guidance for Parents

**Every month a few healthy babies are admitted to our neonatal unit due to low blood sugar levels and/or a low temperature (Cold).**

Follow these simple steps whilst you are in hospital to help avoid separation of you and your baby:-

- Always keep your baby warm - skin to skin contact after birth with a hat and blanket to cover your baby will help.
- Dress your baby with appropriate clothing.
- Please help to keep the room warm and draught free by closing windows and doors.
- Feed your baby early, if possible within one hour of birth.
- Responsive feeding (ask your midwife for further information).

**If you have any concerns about the temperature of your baby, the room or are experiencing feeding difficulties please ask your midwife for advice.**