

Thriving on Butterfly

Ways to be involved in your baby's care

Spend time with your baby

Spend time with your baby: talking softly, reading, singing, learning their cues, skin-to-skin.

Communicate with us

Use communication boards and let staff know your plans or wishes.

Ask questions

Ask questions and clarify if something is difficult to understand.

Routine

Know your baby's routine and get involved in your baby's cares.

Chat to other parents

Talk to someone or meet other Butterfly parents via walking group, parent program or just say hi when you pass them on the ward.

Personalise your baby's space

Bring in books, photos or something special from home.

Look after yourself

Look after yourself so you can look after your baby.

