

Who do I ask about?

Getting involved with my baby's care?

Your bedside nurse or COCOON nurse

Plans for my baby's care?

Your bedside nurse or doctor

Car parking and accommodation?

Ward clerks or assistant nurse unit managers (ANUM)

Someone to talk to for support?

Social work or pastoral support

Managing things like money, travel, Centrelink, etc?

Social work

Postnatal care or breastfeeding?

Midwife

Visiting?

Your bedside nurse, ward clerk or assistant nurse unit managers

Anything we haven't listed? RCH staff are always happy to answer your questions and the My RCH app has lots of helpful information about resources in the hospital and nearby.

**Your baby's
room number:**

**Your room's
phone number:**

More information

Scan me using your phone's camera or take a look at the COCOON board in the entrance corridor for more information.



My RCH App

Download the free My RCH app for more information about the hospital.

Butterfly—Newborn Intensive Care Unit

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COCOON

Circle of Care
Optimising Outcomes
for Newborns

Information for parents



What is COCOON?

COCOON is the family-centred model of care on Butterfly. Research tells us that babies and their families do better when parents are supported to be actively involved in the care of their baby.

You are the most important person in your child's life. We want to help you to engage with and advocate for your baby during their hospital stay.

You know your baby the best.

Don't be afraid to ask questions or raise concerns.

COCOON Nurse Coordinator

Along with the staff on Butterfly, the COCOON nurse coordinator is here to support you to connect with and care for your baby during their hospital stay.

Your baby's stay in hospital may be challenging, but we are committed to finding ways to help you to bond with your baby and make your experiences as positive as they can be.

Ask the COCOON Nurse Coordinator or your bedside nurse about ways you can be involved in the care of your baby.

COCOON care bundle

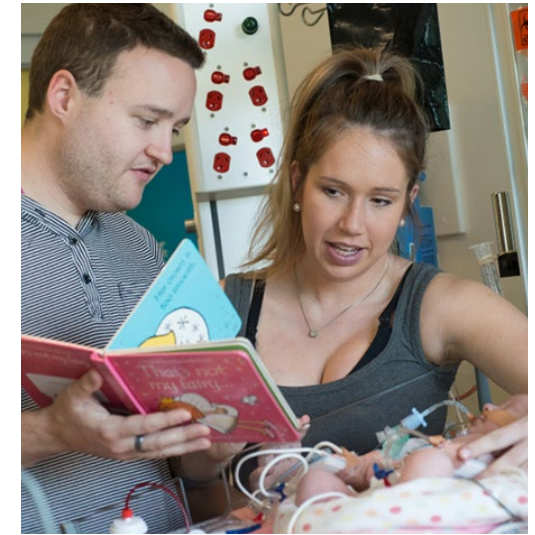
This admission pack is one of the resources available to help you connect with your baby and have a positive experience on Butterfly. Our staff will tell you about the others over the coming days.

Communication is key

Please use the Communication board in your room to communicate with us. Fill it out and update it when you are here each day. It's helpful for our team to know when you will be here and what you like to do with your baby when you arrive. Please include any questions you may have for the medical team, or plans you have for your baby. Staff may also use the board to communicate with you.

Leave your scent with your baby

1. Place one cloth against your skin for at least three hours and one near your baby's head.
2. Exchange your cloth with the cloth that has been with your baby.
3. After 48hrs of use wash your scent cloths in hot water (65-70 degrees Celsius)



Talk, read and sing to your baby

Your voice can be soothing and calming for your baby. Your baby will know your voice and bond to it. Read a book, or softly hum a tune.

Positive touch

It is important for babies to feel their parents touch. Light touch or stroking can be irritating for babies. Give your baby a 'hand hug' use firm but gentle touch by cupping their head or limbs. Ask your nurse to show you if you're unsure.

Skin-to-skin care

This has many benefits for both baby and parents. Ask your nurse if your baby is well enough for skin-to-skin cuddles.

