

Butterfly ward

Ward clerk

The friendly ward clerks can assist you with all your administration questions including car parking and change of details, just to name a few.

Parent lounge

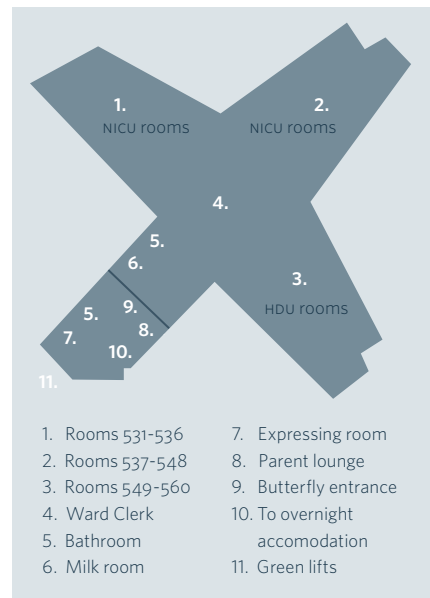
This kitchen space has a fridge, microwave, tea, coffee and hot water. Utilise this space to have meal breaks whilst visiting your baby.

Milk room

A place to wash or replace breast pump kits and grab other feeding supplies. Find information here about pump hire, storing your EBM and other parent factsheets and resources.

Butterfly expressing room

A place to express away from the bedside, if desired. Partners welcome. There is a lock on the door for privacy if needed. For help with expressing, storing or freezing your milk, please talk to your baby's nurse or midwife.



Other important places

The Family Hub

A useful 'home away from home' with computers, kitchen, shower, luggage storage and entertainment facilities. Located on the ground floor.

Wood Pharmacy

Commercial chemist on the ground floor. Useful for maternal scripts and postnatal and infant supplies.

Kitchen and Central Formula Room (CFR)

Located on B2, for storage of excess EBM or preparation of milk additives. Point of collection for breastfeeding mothers meals.

Equipment and Distribution Centre (EDC)

Located on B2, within the GREEN lift well. Collection point for breast pump hire.

Food and beverage outlets

There are a number of cafés, a convenience store and a supermarket on the ground floor.

Butterfly—Newborn Intensive Care Unit

The Royal Children's Hospital Melbourne
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Victoria 3052 Australia
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www.rch.org.au/butterfly



Butterfly

Newborn Intensive Care Unit (NICU)

Information for parents

Welcome to Butterfly

Congratulations on the arrival of your new baby!

We know an admission to NICU can be challenging, but support is available.

Butterfly midwife team

Butterfly is staffed with a midwife who is available to provide postnatal and breastfeeding support to new mothers.

The midwife can meet with you to discuss any questions you may have about your recovery from the birth, or assist with expressing breastmilk, breast care or feeding your baby. If you would like to talk to the midwife, let your baby's nurse know.

How can the midwife help?

The midwife can assist with

- Postnatal care
- Expressing
- Breastfeeding
- Pump hire
- Breastfeeding mother meals
- Parent support groups

For urgent maternal health care - please visit your local doctor or adult emergency department.

Looking after yourself postnatally

Birth is an enormous physical and emotional experience and your body will undergo lots of changes. It's important to look after yourself during your child's admission- this includes prioritising your own medical appointments.

Please speak to a health professional if you have concerns about:

- Mood changes
- Bleeding
- Going to the toilet
- Sutures and stitches
- Wound care and dressings
- Breast changes



Breastfeeding mothers meals

These meals are available from B2 between: 11:45am—12:30pm
5:30pm—6:15pm.

Take a copy of your baby's UR sticker and borrow an access card from the ward clerk.

1. Take the green lifts to the ground floor
2. Walk across to the yellow lifts and take them down to B2, turn left when exiting the lift
3. Walk across the carpark to the green lift lobby and use the swipe card to open the locked door and enter the hospital
4. Follow the signs past the 'Mail Room' to the 'Kitchen and Central Formula Room'
5. Ring the doorbell to collect your meal

Benefits of breastfeeding

The RCH is committed to supporting breastfeeding as the optimal method to feed infants. Breast milk is the perfect food for your baby, and although an admission to NICU may pose some challenges, we will support and encourage you on your journey.

How to express your milk

If your baby is not able to feed from the breast, it is important to express frequently. This will maintain your milk supply and prevent complications.

Aim for every three hours. You can record this in a pumping diary.

Hand expressing is ideal in the first few days after birth, as it is gentle and effective. The first milk (colostrum) is high in protein, minerals, vitamins, white cells and antibodies. It provides vital immune protection and helps establish normal gut flora.

Ask us how to hand express.

When you are ready, you may like to swap to using a breast pump- these are available at your baby's bedside, in the expressing room and can also be hired for home use. Bottles and pump kits are available in the Butterfly milk room, you can help yourself to these.



Expressed breast milk oral care

Most babies on Butterfly can have a taste of the breast milk expressed by their mothers. This is called expressed breast milk (EBM) oral care.

Babies love the taste and smell of breast milk and in most cases, they can enjoy this from admission, even if they are nil by mouth (NBM).

Ask your bedside nurse to show you how to do this with your baby.