

COCOON Parent Program

What: Tailored education for Butterfly families to empower and guide you in the care of your baby in hospital and at home.

Where: The open space outside the Butterfly entry.

When: Most weekdays 1pm - 1:30pm.



July - August

Week beginning	MONDAY 1-1:30 PM	TUESDAY 1-1:30 PM	WEDNESDAY 1-1:30 PM	THURSDAY 1-2 PM	FRIDAY 1-1:30 PM
26th July		Parent CPR & Choking Training. Limited capacity; Please contact COCOON nurse to secure your spot.	Baby Led Feeding & Positive Feeding Experiences. Setting your baby up to succeed with feeding - Jane & Aisling (speech pathologists)		
2nd August	COCOON & The Newborn Brain - How you can be involved in your baby's care & why it's important for your baby's brain - Jenna (COCOON nurse)	Parent CPR & Choking Training. Limited capacity; Please contact COCOON nurse to secure your spot.	Breastfeeding Tips. Positioning, attachment, your milk & other commonly asked questions - Michaela (midwife)	Creating a Healing NICU Environment. Your baby's 6 senses & how to support them- Jenna (COCOON Nurse)	
9th August	How to Support Your Baby Through Painful & Stressful Procedures in NICU - Bianca Devsam (clinical nurse specialist)	Parent CPR & Choking Training. Limited capacity; Please contact COCOON nurse to secure your spot.	What Do Newborns Know? NICU from your baby's perspective - Megan & Collin (infant mental health)		Sensory Processing, Infant Behavioural States & Cues. Reading your baby's cues and learning how to respond- Amy (occupational therapist)
16th August	Using Your Voice in the NICU for Settling & Play. Your voice is a powerful healing tool - Janeen & Lauren (music therapy)	Parent CPR & Choking Training. Limited capacity; Please contact COCOON nurse to secure your spot.	Postnatal Care, Pelvic Floor & Recovery. Plus, an open discussion for any questions you may have - Michaela (midwife)		
23rd August		Parent CPR & Choking Training. Limited capacity; Please contact COCOON nurse to secure your spot.	Positions for Play & Development. Tummy time, & other ways to play with your baby to strengthen their muscles - Nat (physiotherapy)		Supporting Your Baby's Development. Touch, language, learning & movement - Amy (occupational therapist)
30th August	SIDS & KIDS. The triple risk model & recommendations on how to make your baby's home environment safe - Jenna (COCOON nurse)	Parent CPR & Choking Training. Limited capacity; Please contact COCOON nurse to secure your spot.	Practical Skills Session. NGT Feeding, standing transfer & swaddling - Jenna (COCOON nurse)		



Feel free to bring along your lunch 😊

Please contact the COCOON nurse coordinator if you have any questions or feedback.

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