

Leeds Centre for Newborn Care  
**Family Integrated Care**

Information for parents



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leeds children's  
hospital

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caring about children



## What is Family Integrated Care?

Family Integrated Care is a philosophy of care that ensures parents are partners in care for their baby.

The aim of the neonatal team within the Centre for Newborn Care in Leeds is to ensure that parents are supported, educated and empowered to provide as much care for their baby as they are able.

It is well known that families play a central role in their baby's care and development. With this in mind we want to help parents feel connected to their baby in a consistent and nurturing environment whilst providing the loving comfort and support that their baby needs. Parents can help to provide positive experiences for their baby, such as skin to skin contact which is a way of creating meaningful interactions, which help your baby to feel secure and loved.



Close, loving relationships are known to be beneficial for maternal mood and the developing brain of your baby.

## Aims and goals for Family Integrated Care:

The ultimate goal of Family Integrated Care is to support parents in becoming empowered, engaged, comfortable and confident in caring for their baby.

It aims to create a partnership and collaboration between the neonatal team and parents.

## What are the benefits?

Evidence shows that babies looked after this way have fewer infections, are more likely to breastfeed in hospital and at discharge, gain weight more quickly, have fewer complications and go home sooner with less support from health professionals.

Encouraging parents to spend as much time with their baby as they are able ensures that parents have the opportunities to gain the knowledge, skills and confidence to care for their baby.

## Parental Involvement



Family Integrated Care encourages you to be with your baby as much as you are able. Watching your baby helps you to see how they communicate - their reactions can guide us to understand what they need. Parents are encouraged to provide active care for their baby as this will help you to recognise and respond to your baby's cues.

Each week day, there will be a teaching session from a member of the neonatal team offering additional support in the care of your baby. These sessions will focus on a particular aspect of the special care journey. In addition to this there will also be bedside teaching where the nurse can give you support in caregiving activities.

The daily planner will assist you to plan the day's activities with your nurse, resulting in improved

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date: _____						
Morning						
Afternoon						
Evening						

communication between parents and nurses. This is an opportunity to identify and address the needs of your baby.

## Support

Becoming a new parent can be wonderful, but it can also be a daunting experience especially if your baby requires a little extra help.

If your baby is very tiny, very early or very sick, they may require complex, highly technical medical and nursing care. It is important to remember that there are still things you can do to help your baby. When your baby becomes more stable there will be opportunities to become more involved in their care.



We will encourage and support you to do the right things at the right time for your baby. We are available to support and guide you through those challenging times offering practical and emotional support.

You may feel overwhelmed, frightened, traumatised, anxious, and exhausted. Please remember these are all normal feelings.



## Leeds Centre for Newborn Care

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## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



© The Leeds Teaching Hospitals NHS Trust • 2nd edition (Ver 1)  
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Produced by: Medical Illustration Services • MID code: 20220303\_001/JG

LN004179  
Publication date  
03/2022  
Review date  
03/2024