
We are here to support and enable you on your journey as a parent getting to know your new baby(s), helping you to feel confident in recognising their cues, behaviour and abilities and enabling you to support and care for them to optimise their development.

The AHP team attend the weekly multidisciplinary ward rounds and are available during the week to support you and your baby. Our pictures are on the photo boards for you to help to get to know who we are. We also are involved in supporting you after you leave the neonatal unit through the Next Steps group, feeding clinic and neurodevelopmental follow up.

Occupational Therapy

The role of the occupational therapist is to assess and support infant neurodevelopment, through developmentally supportive care, pain management, sensory and motor support, supporting sleep cycles, behavioural cues, parent engagement and parental support. We will help you learn about your baby's behavioural cues for interaction, play and movement, signs of stress or overload, and adapting neonatal care activities in response to their individual needs.

Physiotherapy

PT's are specialists in assessing and supporting your baby's development. They consider your baby's position, posture, movements, wake sleep cycles and behaviors and provide strategies and adaptations to support and optimize their developmental care.

Speech and Language Therapy

SLT's can assess your baby's ability to suck and swallow and support them to overcome any challenges they may have with feeding. They are concerned with maintaining pleasant experiences around the face and mouth, encouraging positive tastes, mouth care and sucking to enable suck feeding. They also encourage early communication development through interaction, talking and singing opportunities to enable interaction and communication between parent and baby.

Dietetics

Dietitian's make sure your baby is receiving optimal nutrition to support their growth and health outcomes. They can explain your baby's nutritional needs and growth and discuss any nutrition related questions you

may have as you recover from pregnancy and birth and establish a breastmilk supply.

Clinical Psychology

Clinical psychologists are a resource for you to support your own coping. They are available to support the emotional needs of families and can offer you support as required. They work from a strength-based approach, helping you to make sense of the challenging experience of becoming a parent in the neonatal unit, and find ways of looking after yourself so you can focus on getting to know and enjoy your baby.

You can talk with them about recovering from pregnancy worries and difficulties associated with the birth; developing your relationship with your baby; supporting each other as parents; and resolving concerns and communication issues with the team.

Outreach Team

The team help you prepare for taking your baby home both practically and in building up your skills and confidence during the neonatal journey. They offer resuscitation training to parents in preparation for going home and preparation of home oxygen if

necessary. They provide a community outreach service for babies discharged home in our local area. They will liaise with your health visitor and other community health and social care professionals as needed.

Lactation consultants in the outreach team have specialist training to support you with lactation and breastfeeding. They work closely with the nurses to support you with making milk for your baby and breastfeeding. All the nurses are trained to support you, but they can link you with one of these specialists for more detailed, individualized support.

Pharmacy

The pharmacist checks your baby's medication, which is prescribed by the medical team, to ensure that they receive the correct and best possible treatment. They can tell you what medicines your baby is taking and provide information about the benefits and possible side effects. They can also answer questions about medications that you might be taking, especially related to breastfeeding.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net. The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY
Email: ICHC-tr.Complaints@nhs.net
Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net
Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk **Department name**
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Neonatal Allied Health Professionals

Developmentally supportive care

Information for parents and carers