



Transitioning Your Baby

From our Neonatal Intensive Care Unit To our Pediatric Unit

Royal Columbian Hospital

Pediatrics Unit, 3rd floor, Health Care Centre (Green Zone)
Phone number: 604-520-4558



What is ‘transitioning’?

“Transitioning” means moving from our Neonatal Intensive Care Unit (NICU) to our unit for infants and children, called the Pediatric Unit.

Nurses will continue to check your baby regularly. They will support you and your baby to meet your feeding goals. If your baby has a feeding plan from NICU, the nurses on our Pediatric Unit will continue to use that feeding plan to support you and your baby. As your baby gets closer to going home, they might adjust the feeding plan.

Why is my baby ‘transitioning’?

Babies move to our Pediatric Unit when they no longer need the type of nursing care we give in our NICU.

Helping with your baby’s care

Parents are not visitors. You are an important part of your baby’s care.

We encourage you to take part in all of your baby’s care. You can stay with your baby the whole time your baby is on the Pediatric Unit, day and night. This helps increase your comfort and confidence. **You are the best person to soothe, comfort, and care for your baby.**

We encourage you to help with these activities:

- bathing, feeding, and diapering your baby
- giving your baby comfort

For safety and space reasons, we can supply only one folding bed for each baby's bedside. If a parent is not able to stay, we encourage another caregiver to stay in their place. Just tell us who that will be.

If you (or another caregiver) must leave and are not able to take part in the care of your baby, please let the nurse know when you are leaving and when you are planning to return.

About the Pediatric Unit

The Pediatric Unit is a locked unit. To enter, ring the bell outside the door. We let you in once we know who you are.

Our healthcare team includes child health doctors (pediatricians), nurses, physiotherapists, occupational therapists, dietitians, social workers, and pharmacists.

Our approach to care is both family-centered and child-friendly. We value every child's emotional, physical, social, cultural, and spiritual needs, as well as the needs of their family. The safety and well-being of every child in our care and their family are important to us.

To learn more about our unit, ask for our [Welcome to Pediatrics](#) booklet or scan this QR code to the resource.



Visitors

Healthy visitors are welcome on our unit. Children visiting your baby must be with an adult at all times while in the hospital.

Sometimes, we need to limit visitors, such as if your baby has an infection, or if a visitor is not feeling well. We do this to protect your baby and other children on the unit.

Remember, parents are not visitors.

Expressed human milk

We have refrigerators for keeping expressed milk. If you are expressing milk, please place it in the refrigerator in your baby's room, if there is one. If the room does not have a refrigerator, keep the expressed milk at your baby's bedside. Let your nurse know when you have some. Your nurse checks to make sure it is labelled correctly before taking it to our secure refrigerator at the Nursing Station.

To learn more about expressing milk, ask for these resources or scan these QR codes to the resources:

- [Expressing Your Milk
When Your Baby is in the Hospital](#)
- [Using a Pump](#)



Safety

Prevent accidental burns. Always drink hot drinks away from your baby.

Protect your baby from second-hand smoke. If you smoke or vape, wash your hands and put on a yellow hospital gown before entering your baby's room and touching your baby. Studies tell us that exposure to second-hand smoke increases the chances of Sudden Infant Death Syndrome (SIDS).

Prevent falls. When your baby is in their crib, bassinet, or isolette, please make sure the side rails are all the way up and all locks are in place. Keep the floor around the bed clear of items and furniture so we can all care for your baby quickly and safely.

Make sleep as safe as possible. These are all ways to do this:

- Put your baby in the crib, bassinet, or isolette to sleep.
- Place your baby on their back to sleep.
- Put your baby in the crib, bassinet, or isolette when you are feeling tired or sleepy.
- **Do not** share a bed with your baby.

To learn more about [Safer Sleep](#), ask your nurse or scan this QR code to the resource at HealthLinkBC.



Types of sleep-related infant deaths

- Sudden Infant Death Syndrome (SIDS) is a sudden and unexpected death of a baby. The reason for the death cannot be explained.
- Accidental Death is when a baby suffocates from items in the bed, lying face down, or having a parent or another child roll onto the baby.

Meals

We are not able to supply meals for parents. You can find food services both in the hospital and nearby.

We have a refrigerator, freezer, kettle, microwave, and toaster for your use. Ask your nurse to show you where they are.

Personal care

There is a bathroom with a shower available for your use. You will need to bring in your own personal care items.

Remember to take time to care for yourself. Feel free to go for a shower or leave the unit at any time. Let your nurse know when a caregiver is not with your baby.

Smoke-free, scent-free, and latex-free

Just a reminder that, for the health and safety of everyone, we are smoke-free, scent-free, and latex-free.

We do not allow smoking, vaping, or use of e-cigarettes within the hospital or on our surrounding property.

Please do not wear or use any scented products (such as perfumes, aftershaves, or colognes).

We allow only Mylar®-type balloons.

Wi-Fi

You can bring in your own device to entertain yourself.

Wi-Fi is available in some parts of the hospital. To connect to our Wi-Fi, select “Fraser Health Guest” from the Wi-Fi list, review the terms and conditions, then select “Accept and Connect”.

Car Seat Safety

The law says all babies must be in a car seat while travelling in a vehicle.

Before you take your baby home, there are 3 important things to do.

1. Choose the right type of car seat.
2. Install the car seat correctly.
3. Learn how to use the car seat correctly.

To help you plan for the day your baby is ready to go home, ask your nurse for our [Car Seat Safety](#) sheet or scan this QR code to the resource.



Before you leave, your nurse checks that the car seat fits your baby correctly.

My questions

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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