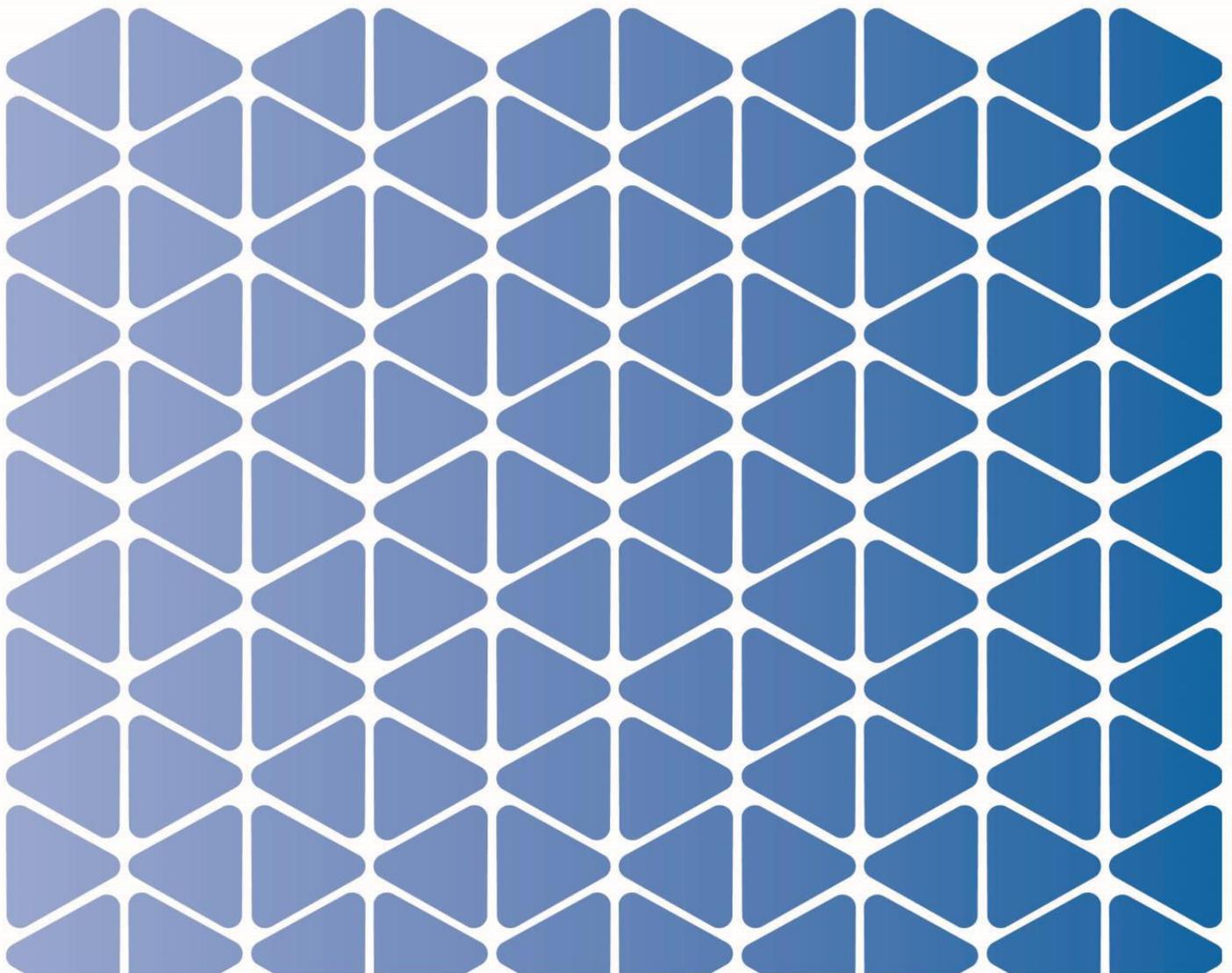




PATIENT INFORMATION

# KEEPING YOUR BABY WARM AT HOME

WORCESTERSHIRE NEONATAL OUTREACH  
SERVICE



## Keeping your baby warm at home

It is important not to overheat your baby, but if they are very small or premature they may find it more difficult to keep warm. Check your baby regularly to ensure they are not too hot or too cold. You can do this by feeling their forehead, tummy or back of the neck. Don't worry if their hands or feet are cool this is normal. If baby feels too hot, remove 1 or 2 layers. If too cool put a hat on then add layers and give baby a cuddle. (If your baby's temperature drops below 36°C then phone Neonatal Outreach, the Neonatal Unit or Community Midwife for advice).

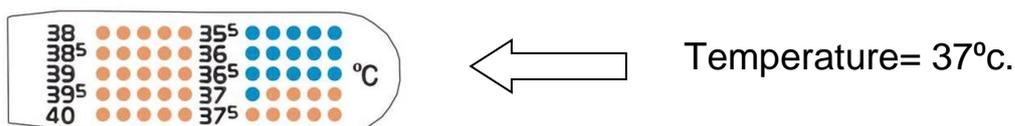
## Using a digital thermometer to measure

A baby's normal temperature should be between 36.5° – 37.1°C. You may have been given a thermometer when you left the Neonatal Unit to monitor your baby's temperature over the next few days at home.

- 1) Press the on button and wait for 'L' to appear in the window.
- 2) Place the tip of the thermometer under the centre of the armpit, and hold in place with the arm to the chest.
- 3) Leave under the arm until the buzzer sounds (3 beep noises)
- 4) Remove the thermometer and read the temperature.
- 5) Turn off the thermometer, clean and put away.

## Using a Tempa dot

- 1) Take Tempa dot out of the wrapper and place the dotted/numbered side down onto babies skin under the arm.
- 2) Leave under the arm for 3 minutes.
- 3) Remove Tempa dot and wait 10 seconds for the blue dots to settle
- 4) Read the temperature. The first blue dot on the line is the number to the left, count across the blue dots for your reading. Discard of Tempa dot.



## TOG Values

<u>Baby clothing/bedding</u>	<u>TOG Value</u>
Vest	0.2
Baby grow	1
Jumper	2
Cardigan	2
Trousers	2
Nappy (disposable)	2
	(less when wet)
Sheet	0.2
Old blanket	1.5
New blanket (single layer)	2
Quilt	9
Hat	2

### **Recommended total TOG value = 10-12**

If you use a baby sleep-bag: it needs to be without a hood, the right size around the neck (so baby doesn't slip down) and be lightweight. (Please refer to makers instructions re: layers)

### **Room Temperature**

Babies don't need especially warm rooms.

If baby weighs over 5lb a room temperature of 17°C is adequate.

However if baby is under 5lb, 20°C may be required.

**DO NOT** place baby next to a direct heat source, i.e.: radiator, hot water bottle etc.

## Contact Telephone Numbers

### **Neonatal Outreach Team**

7 days a week 08.00- 16.00

Mobile: 07834 172337

Tel No: 01905 760661

### **Neonatal Unit**

24/7

Tel No: 01905 760661

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.