

Helpful information

Join our Baby Bookworms Bookclub!



Our library is in the parent's room. You will also find information on the Baby Bookclub there. Please take a book to read to your baby.



Useful contacts:



Physiotherapy	Jo Egan Eithne Lennon	babyphysio@nmh.ie
Occupational Therapy (OT)	Aoife Tonge	babyocctherapy@nmh.ie
Speech & Language Therapy (SLT)	Zelda Greene	babyspeech@nmh.ie
Pharmacy	Montse Corderroua	pharmacy@nmh.ie
Medical Social Work	Ciara Buggy Sarah Lovely	ciara.buggy@nmh.ie sarah.lovely@nmh.ie
Nutrition & Dietetics	Roberta McCarthy Vanessa Winn Jessica Caldeira	babydiet@nmh.ie



ACORN Team

The ACORN Team are here to support your baby's development



The NMH NICU website has lots of developmental information and can be accessed at www.nmhnicu.ie or by scanning the QR code.

Kindly Supported by the



The National Maternity Hospital

Who are we?

The ACORN Team (Allied Care Of at Risk Newborns) is a group of healthcare professionals skilled in preterm infant development.

We work alongside our Neonatal Medical and Nursing team in caring for your baby. The ACORN Team is made up of a physiotherapist, a speech and language therapist, an occupational therapist, dietitians, a pharmacist, and social workers.

Is your baby eligible for the ACORN Programme?

Your baby may receive multidisciplinary team input from the ACORN Team if they are at risk of developmental delay. This may depend on your baby's reason for admission to the NICU. You will be advised if your baby is eligible for the ACORN Programme by one of the ACORN Team.

What do we do?

- We assess your baby's movements and neurological development.
- We meet you and your baby to discuss their progress and provide support.
- Together we will set week to week goals for you and your baby.
- We carry out a developmental ward round with the multidisciplinary team when suitable for your baby.

What will the ACORN Team help you with?

- How to help **position** and **handle** your baby.
- Help your baby learn to **move**.
- How to **touch** and **comfort** your baby.
- How to develop **feeding** skills.
- How to understand baby's **communication**.
- How to carry out **practical parenting skills** such as bathing, feeding, etc., when you and your baby are ready.



What happens when you leave the hospital?

If you live **within** The National Maternity Hospital (NMH) catchment area, or were **a patient of The NMH from the beginning of your pregnancy**, your baby is eligible for three monthly ACORN Clinic follow up appointments until the age of two (this is corrected age if your baby is born prematurely). At these appointments, the ACORN Team will continue to monitor your baby's developmental progress.

- If you live **outside** The NMH catchment area, or were transferred here **during** your pregnancy, we will recommend to your paediatrician that your baby will need ongoing developmental follow up after discharge and that they should arrange this accordingly.

The ACORN Team offer online parent webinars for all parents after discharge.