

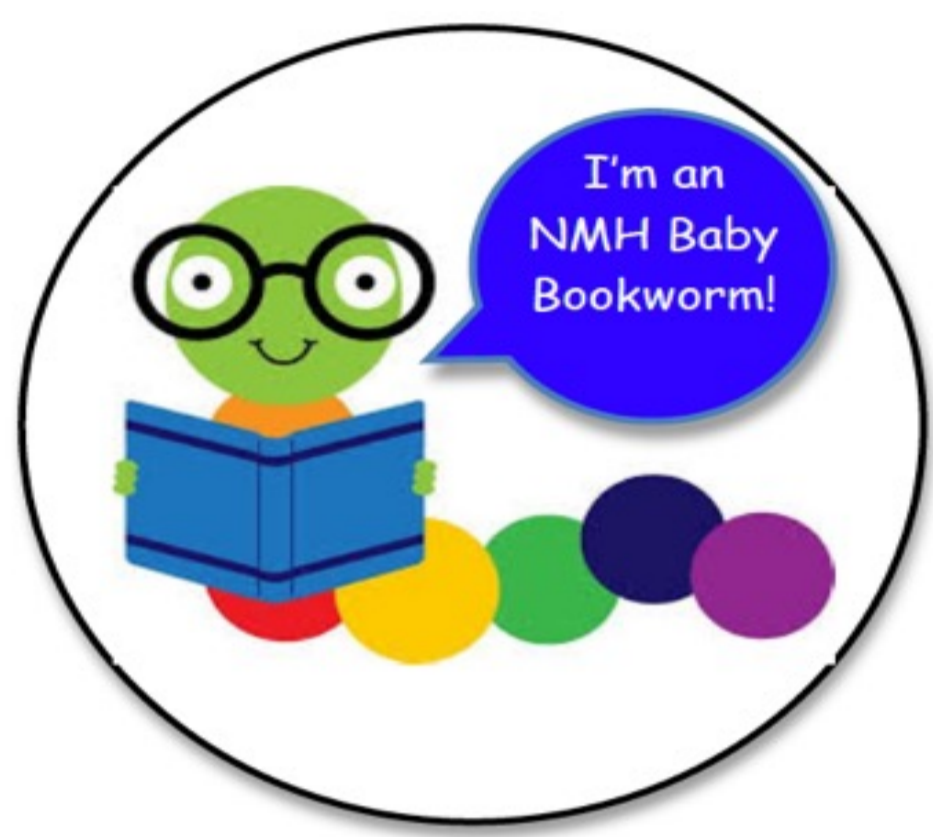
THE BABY BOOKWORMS BOOKCLUB

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BACKGROUND

Family-focused care has been long-established and prioritised in our neonatal unit. Reading to babies in the NICU has been shown to benefit babies and their parents; helping to bond parents and babies, reduce stress and promote crucial pre-reading and neurodevelopmental skills.



AIMS

- Promote parental bonding
- Promote among staff the idea that 'every NICU is a neuro NICU'
- Improve developmental outcomes for these high-risk infants
- Encourage a culture of reading, in the NICU and beyond



My NMH Baby
Bookworm
Bookmark!



Always Remember;

*You are BRAVER than
you believe,*

*STRONGER than you
seem,*

*SMARTER than you
think,*

*And LOVED more
than you know!*

~ Winnie The Pooh

METHODS

Our Bookworms team is made up of members of the Neonatal MDT. Our books have been donated by a number of local bookshops on request.

Information about our 'Baby Bookworms Bookclub' is displayed in the Neonatal Unit & all in-patients & their families are welcomed. Patient members have a bookclub sticker placed on their cot card & are given membership certificates and bookmarks as keepsakes. Parents can then borrow a book from our library, located in the parents' room on the neonatal unit. The library is also mobile to allow parents to borrow books at the cot side.

We approached local bookshops and staff with requests for donations & accepted all books in good condition. We clean the books and label them; naming the donor and date, and stamped them as property of the hospital.

All babies in the neonatal unit are invited to join via their parents, by being approached in person or approaching staff members. Information is posted in the neonatal unit.

Each patient member receives a membership pack including:

- A sticker for their cot card
- A membership certificate & bookmark as keepsakes

Their parents are invited to borrow books at any time from our library

- When stationary in the parents room
- When brought around the unit in the afternoons

This requires signing them in & out via a Library Record Book on the mobile library itself.

RESULTS

The bookclub was well-accepted by parents and staff as a low-cost quality improvement initiative that was not for the purposes of data-gathering, but to improve family-centred care in the neonatal unit.

CONCLUSION

The Baby Bookworms Bookclub highlights to staff the idea that developmental care is a multi-disciplinary task every day in our neonatal unit. It also encourages parents to support their baby's neurodevelopment. We hope it will mean babies will continue to be read to beyond our NICU.



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