



## Department Of Neonatal & Developmental Medicine Parent Orientation

Dear Parents,

To ensure the safety and well-being of your baby, it is important to adhere to our infection control and security measures. Below are the guidelines to follow during your visits.

Measure Type	Do's	Don'ts
<b>Infection control</b>	<p><b>- Perform proper hand hygiene:</b> Perform the 7-steps of hand hygiene using alcohol-based hand rub</p> <ul style="list-style-type: none"> <li>• Before entry and after leaving the ward</li> <li>• Before and after touching your baby or baby's surroundings</li> <li>• After checking or changing your baby's diaper</li> <li>• After washing your hands with water</li> </ul> <p><b>- Wear a mask</b> while visiting your baby.</p> <p><b>- Practice good personal hygiene:</b> Have a shower and use antiseptic body wipes to clean your chest area (from inside to out) before skin-to-skin care. Clean nipples with cotton balls soaked with sterile water before breastfeeding.</p> <p><b>- Practice good hygiene when expressing breast milk:</b> You may express milk at your baby's bedside. Bring your own clean and sterilized breast pump. Store sterilized items in a container with a lid. Clean pump external surfaces with hospital disinfectant wipes. At home, wash and</p>	<p><b>- Avoid wearing jewelry:</b> Remove wrist-watches and jewelry from your hands and roll up long sleeves to the elbow.</p> <p><b>- Avoid nail polish and artificial nails.</b></p> <p><b>- Do not visit if you or someone at home is unwell</b> with symptoms such as fever, flu-like symptoms, rashes, mouth sores, diarrhea, vomiting, red eye, eye discharge, chicken pox, shingles, hand, foot, and mouth disease, etc. Inform the nurse or doctor if this is the case.</p> <p><b>- Avoid carrying your baby if unwell:</b> Refrain from carrying your baby if you feel weak or sick. Place your baby in the cot and call for the nurse's assistance.</p> <p><b>- Do not place personal items on the baby's table or cot:</b> Avoid placing belongings (e.g., bag, mobile phone) on the cardiac table or in the baby's cot.</p>

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	<p>sterilize all bottles and pump parts after each use. Wash ice packs and transportation carrier after each use.</p> <p><b>- Store belongings properly:</b> Place belongings in the locker before entering the ward.</p>	
<b>Security</b>	<p><b>- Inform the nurse</b> when leaving your baby alone.</p> <p><b>- Monitor identification bands:</b> Each baby has an identification band on each ankle and an RFID tag on the left ankle throughout hospitalisation. Ensure your baby's identification bands and RFID tag are secure. Inform the nurse if any band is loose or missing.</p> <p><b>- Produce ID for discharge:</b> Present your Identity Card (or passport) for verification on the day of your baby's discharge.</p>	<p><b>- Do not bring baby out of the ward at any time</b></p> <p><b>- Do not carry baby beyond the ward's entrance</b></p> <p><b>- Limit visitors:</b> Only parents are allowed to visit their baby, preferably from 9 am to 12 midnight.</p> <p><b>- Avoid tampering with the RFID tag:</b> Manipulating the RFID tag will trigger the Security Alarm.</p>
<b>Others</b>	<p><b>- Be aware of discharge times:</b> Discharge time is from 11 am onwards. After 1 pm, half-day charges will apply.</p> <p><b>- Contact for enquiries:</b> For any enquiries, please contact us at 63214540 / 63214543.</p>	<p><b>- No smoking:</b> Smoking is prohibited within hospital premises.</p> <p><b>- Photo restrictions:</b> You are only allowed to take photographs or videos of your child.</p>

**Useful information:**

Check this out to get on to a successful start with breastfeeding



<https://for.sg/breastfeedingprep>



<https://for.sg/breastfeedingtips>

To answer more queries on expressing milk and bottle-feeding



<https://for.sg/4mw17w>

For further information on caring for your baby along infancy



<https://for.sg/neonataledu>

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