

When a family have a baby on a neonatal until, it can feel difficult to know how to help or what would be an appropriate gift. This is a list of things that families that have been in that situation have found useful.

## Gift ideas

- Congratulations on birth cards
- Blankets for the baby
- Larger thicker blankets to cover incubators
- Baby photo album
- Ink kits so hand / foot prints can be taken
- Memory box
- Premature baby milestone cards
- Black and white cloth books for when the baby is more alert and opens their eyes
- Voice sound box for family to record messages, stories or songs that can be played to baby
- Books that parents can read to the baby
- Mobile or lullaby washable toys
- Baby clothes - Asda, M&S, TU do good clothes online from 2kg upwards
- Diary that can be used to write about their journey
- Hand cream (regular washing and use of anti-bacterial gel can make hands dry)
- Vouchers for nearby takeaway food or drink outlets
- Phone credit if needed
- Craft set, magazines, puzzle books to help relax parents on the unit
- Quiet toys or magazines for siblings, that will keep them entertained on the unit



## Some websites that have special items

<https://www.lovelynicugifts.co.uk/>

<https://www.thelovelykeepsakecompany.co.uk/collections/nicu-special-care-baby>

## Ways to offer help and support

- Lifts to the hospital
- Co-ordinate updates & messages to other family and friends so parents are not overwhelmed and can just give one update.
- Provide childcare for siblings – giving them some normality and fun
- Food and snack parcels
- Cleaning the house
- Maintaining the garden
- Stocking the fridge



Please be aware that some neonatal units may have different rules around what is allowed on the unit or in the baby's incubator or cot. This can vary for many different reasons including the needs of the baby and the equipment they may require as well as infection control measures.