



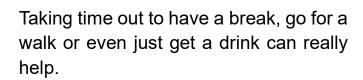


Some parents find it helpful to keep a diary or start a memory box.

Your neonatal unit may provide this.



Some units have coffee mornings or parent groups where you can meet other parents.







Feel free to bring in things from home that will help you feel more comfortable on the unit, such as slippers or a book to read.

Take photos - your baby will change and grow so quickly. Photos are a great record of their journey.

