

# COCOON Parent Program



What: Short, tailored education sessions for Butterfly families to empower and guide you in the care of your baby in hospital and at home.

Where: The Meeting Room.

When: Weekdays 1pm

Jan-Feb	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 <sup>th</sup> Feb		<b>Walking Group</b>	<b>Parent CPR &amp; Choking Training.</b> Limited capacity; Contact COCOON	<b>Supporting Your Babies Development –</b> Danae (Occupational Therapist)	
24 <sup>th</sup> Feb		<b>Mindfulness Session</b> – Social Work	<b>Parent CPR &amp; Choking Training.</b> Limited capacity; Contact COCOON	<b>Giving Medications to Infants –</b> Maddie (Pharmacist)	
3 <sup>rd</sup> March		<b>Walking Group</b>	<b>Parent CPR &amp; Choking Training.</b> Limited capacity; Contact COCOON	<b>Post Natal Care -</b> Midwife	
10 <sup>th</sup> March		<b>Mindfulness Session</b> – Social Work	<b>Parent CPR &amp; Choking Training.</b> Limited capacity; Contact COCOON	<b>Baby Led Feeding &amp; Positive Feeding Experiences. –</b> Aisling (Speech Pathology)	
17 <sup>th</sup> March		<b>Walking Group</b>	<b>Parent CPR &amp; Choking Training.</b> Limited capacity; Contact COCOON	<b>Head shape and positioning –</b> Nat (Physiotherapy)	
24 <sup>th</sup> March	<b>Using Your Voice in the NICU for Settling &amp; Play</b> – Music Therapy	<b>Mindfulness session</b> – Social Work	<b>Parent CPR &amp; Choking Training.</b> Limited capacity; Contact COCOON		

Parent walking group Tuesdays 1:30pm (commencing in Parent Lounge)



Please contact the COCOON nurse coordinator if you have any questions or feedback.

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