

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
6 th Jan		Walking Group	Parent CPR & Choking Training. Limited capacity; Contact COCOON	Supporting Your Babies Development – Danae (Occupational Therapist)	
13 th Jan		Mindfulness Session – Social Work	Parent CPR & Choking Training. Limited capacity; Contact COCOON	Giving Medications to Infants – Tash (Pharmacist)	
20 th Jan		Walking Group	Parent CPR & Choking Training. Limited capacity; Contact COCOON	Post Natal Care - Midwife	
27 th Jan		Mindfulness Session – Social Work	Parent CPR & Choking Training. Limited capacity; Contact COCOON	Baby Led Feeding & Positive Feeding Experiences. – Siew (Speech Pathology).	
3 rd Feb	Using Your Voice in the NICU for Settling & Play – Music Therapy	Walking Group	Parent CPR & Choking Training. Limited capacity; Contact COCOON		
10 th Feb		Mindfulness session – Social Work	Parent CPR & Choking Training. Limited capacity; Contact COCOON	Head shape and positioning – Nat (Physiotherapy)	

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



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

Ph: 03 9345 6318

Email: Butterfly.COCOON@rch.org.au