

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 parent lounge.

When: Weekdays 1pm

June - July	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 rd June	COCOON Teaching. How you can be involved in your baby's care & why it's important – COCOON Care Coordinator.	Baby Led Feeding & Positive Feeding Experiences. Setting your baby up to succeed with feeding – Siew (Speech Pathology).	Parent CPR & Choking Training. Limited capacity; Please contact COCOON nurse to secure your spot.	Giving Medication to Infants. Common over the counter medications, drawing up dosages & the best ways to give medication – Alana (Pharmacist).	Postnatal Care. Pelvic Floor & Recovery. Plus, an open discussion for any questions you may have - Michaela (midwife).
10 th June	Public Holiday	Thriving in NICU. Your survival guide to being a NICU parent and practical tips – Social work.	Parent CPR & Choking Training. Limited capacity; Please contact COCOON nurse to secure your spot.	Your baby's head shape and positioning tips – Nat (Physiotherapy).	The Newborn Brain. How your baby's brain develops & what you can do to support it – COCOON Care Coordinator.
17 th June	How to Support Your Baby Through Painful & Stressful Procedures in NICU – COCOON Care Coordinator.	Baby Led Feeding & Positive Feeding Experiences. Setting your baby up to succeed with feeding – Siew (Speech Pathology).	Parent CPR & Choking Training. Limited capacity; Please contact COCOON nurse to secure your spot.	Giving Medication to Infants. Common over the counter medications, drawing up dosages & the best ways to give medication – Alana (Pharmacist).	Breastfeeding Tips. Positioning, attachment, your milk & other commonly asked questions - Michaela (midwife).
24 th June	SIDS & KIDS. How to make your baby's home sleeping environment safe – COCOON Care Coordinator.	Supporting Your Baby's Development. Touch, language, learning & movement – Danae (Occupational Therapist).	Parent CPR & Choking Training. Limited capacity; Please contact COCOON nurse to secure your spot.	Positions for Play & Development. Tummy time & other ways to play with your baby to strengthen their muscles - Nat (physiotherapy).	Practical Skills Session. NGT Feeding, standing transfer & swaddling – COCOON Care Coordinator.
1 st July	Creating a Healing NICU Environment. Your baby's 6 senses & how to support them – COCOON Care Coordinator.	Baby Led Feeding & Positive Feeding Experiences. Setting your baby up to succeed with feeding – Siew (Speech Pathology).	Parent CPR & Choking Training. Limited capacity; Please contact COCOON nurse to secure your spot.	Giving Medication to Infants. Common over the counter medications, drawing up dosages & the best ways to give medication – Alana (Pharmacist).	Postnatal Care. Pelvic Floor & Recovery. Plus, an open discussion for any questions you may have - Michaela (midwife).
8 th July	What Do Newborns Know? NICU from your baby's perspective - Megan (infant mental health).	Infant Behavioural States & Cues. Reading your baby's cues and learning how to respond – Danae (Occupational Therapist).	Parent CPR & Choking Training. Limited capacity; Please contact COCOON nurse to secure your spot.	Your baby's head shape and positioning tips – Nat (Physiotherapy).	Practical Skills Session. How to do your baby's 'cares' & anything else you would like to learn – COCOON Care Coordinator.

Parent walking group & light refreshment – Tuesdays 1:30pm



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

Ph: 03 9345 6318

Email: Butterfly.COCOON@rch.org.au

Feel free to bring along your lunch.