







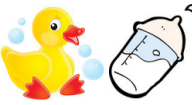














**NICU Level 1 Seminar Room**

**FAMILY AWARENESS SESSIONS**

**2-3pm**

**Next to Waiting Area**

**AUGUST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 <sup>st</sup> <b>OUR FAMILY'S TEA AND COFFEE AFTERNOON</b>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>  "Memory Making"	4 <sup>th</sup>  "Positive Touch"	5 <sup>th</sup>  CPR	6 <sup>th</sup>
7 <sup>th</sup> <b>OUR FAMILY'S TEA AND COFFEE AFTERNOON</b>	8 <sup>th</sup>  "Babies and Oxygen"	9 <sup>th</sup>  "Helping My Baby to Develop"	10 <sup>th</sup>  "Parents Together"	11 <sup>th</sup>  "Bathing, Sterilising and Making up Feeds"	12 <sup>th</sup>	13 <sup>th</sup>
14 <sup>th</sup> <b>OUR FAMILY'S TEA AND COFFEE AFTERNOON</b>	15 <sup>th</sup>  "Help Us Prevent Infection"	16 <sup>th</sup>  "What can parents be involved in?"	17 <sup>th</sup>  "Getting Ready for Home"	18 <sup>th</sup>  "Bathing, Sterilising and Making up Feeds"	19 <sup>th</sup>  CPR	20 <sup>th</sup>
21 <sup>st</sup> <b>OUR FAMILY'S TEA AND COFFEE AFTERNOON</b>	22 <sup>nd</sup>  "Transition to Breastfeeding"	23 <sup>rd</sup>  "Take Time Out"	24 <sup>th</sup>  Bliss for babies born premature or sick	25 <sup>th</sup>  "Parents Participate in Ward Rounds!"	26 <sup>th</sup>  CPR	27 <sup>th</sup>
28 <sup>th</sup> <b>OUR FAMILY'S TEA AND COFFEE AFTERNOON</b>	29 <sup>th</sup>  "Coping with Stress"	30 <sup>th</sup>  Glasgow Children's Hospital Charity	31 <sup>st</sup>  "Expressing Milk"	1 <sup>st</sup>  "How to help comfort your baby"	2 <sup>nd</sup>	3 <sup>rd</sup>

**ALL PARENTS & FAMILY MEMBERS WELCOME – We would love to see you all!  
Bring your Lunch, Chat to other families ... Tea, Coffee & Biscuits provided 😊**