

Bliss information for families

Whether you're new to the neonatal unit or getting ready to go home, Bliss has information and families' stories to support you. Topics include:



About neonatal care



Being involved in your baby's care



Looking after your mental health



Going home



Feeding and nutrition



Visit bliss.org.uk



listen to our podcast,
NICU, SCBU and you

Bliss
for babies born
premature or sick