

## Raise Funds For BIBS

Have a collection at work, buy one of our teddy bears, or simply make a donation. It's surprising how small amounts add up. If you're not in a position to make a cash donation, office supplies are always welcome as they help keep our costs down.

## Be There

Special Care is a time to show that you are a true friend. Make your friendship count by being prepared to listen to any amount of ranting, raving and crying. Try not to take it personally because just by being on the end of the phone, you're helping more than you can know.

Lastly, be prepared to do all the wrong things, but don't stop trying. Even when you do completely the wrong thing - and the chances are that you will do at some stage - Mum and Dad know you are doing your best and that knowledge makes all the difference.

Babies in Buscot Support (BIBS) is a charitable organisation run on a volunteer basis by parents who have had children in Buscot Special Care Baby Unit (SCBU).

It exists to support parents and family of premature and sick newborn babies in the Reading area.

Our charity is devoted to:

Supporting and encouraging the parents of premature and sick newborn babies

Raising the awareness of special care babies and their needs

Fundraising to provide the latest technology and equipment for Buscot ward to ensure that every special care baby has the best start in life possible

# BIBS



Babies In Buscot Support

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Registered Charity no. 297821

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Families - a Babies in Buscot Support guide to special care

# Families



A BIBS guide for  
families and friends  
of parents with  
babies in special care

Having a baby in Special Care is a traumatic and uncertain time for parents, they will need all your help and support. At BIBS, we've drawn on our own experiences to compile a list of practical things you might like to do to show your support.

### Offer To Visit The Hospital

Don't assume it's okay to do so. Because of the lack of space on Buscot Ward, only two visitors per baby are allowed in the room at any one time. One of these visitors has to be a parent - for security reasons unsupervised visits are not possible.

### Be a Personal Shopper

Like housework, shopping can be particularly unappealing at this time. Offer to get supper one night, make an extra casserole for the freezer, or perhaps shop for specialised items that are not so easy to find, such as small nappies and clothes.

### Stay In Touch

A phone call during the day can be very welcome, but don't bombard Mum and Dad with calls.

It's sometimes hard to go through the same story four or five times in a row with different callers. Offer to be a point-of-contact so that you can circulate updates rather than have Mum and Dad take several calls with the same message.

### Get Mum And Dad To Relax

Perhaps a pub lunch, morning coffee, facial or whatever you think they would like (but that won't take too much time away from the little one). It is vital to have a short time away from the stresses of the ward.

### Don't Forget Dad

Dads can sometimes see Special Care as a female' environment. Make sure you chat with Dad - it's his baby too.

### Give Mum and Dad a Night Off

Towards the end of a long stay in Special Care, perhaps when Coming Home arrangements are being made, offer to take Mum and Dad's place for a night so that they can have a weekend away. It's important to remember that they are not just Mum and Dad, they are best friends and life partners too. Just remember to arrange it with Buscot in advance.

### Be a Chauffeur

After a caesarean birth, Mums cannot drive for several weeks. If Dad is back at work, offer Mum a lift back and forth to the hospital from time to time.

### Knit and Sew

Hats, blankets, bed covers and clothes are always welcome on Buscot, and knowing that they have been handmade makes them an even more special present.

### Offer To Do Housework

Housework takes an inevitable back-seat during this period and, although it may seem trivial, a pile of washing up at the end of a long day on the ward can be the last straw!

### Send a Letter

A letter or card can be re-read lots of times, which can be a comfort.

