



Mouth Care Teaching Package
for Parents/Carers on the Neonatal Unit
and Transitional Care

Patient details/Patient sticker

A separate sheet is needed for each care giver.

When Parents sign they are confirming that they have been shown how to perform mouth care, practised with supervision, accept responsibility and feel confident and competent to perform mouth care on their baby.

Discussion/demonstration with family	Nurse signature & date (when parent/carer training has been given)	Parent/Carer signature & date (when practised under supervision)	Parent/Carer signature & date (when feels confident and competent)
I have received, read and understood a copy of the Network Parent Information ‘Mouth Care for your Baby on the Neonatal Unit & Transitional Care’			
I have been shown the hand washing technique and use this prior to and after cleaning my baby’s mouth. I will apply alcohol gel before I start the procedure			
It has been explained to me the importance of: <ul style="list-style-type: none"> • Parents being involved at care times • Responsive care • Comfort holding • When is the best time to do mouth care • Use of expressed breast milk for mouth care • Pleasant oral experience • Sign of thrush • Any damaged areas of skin, in or around the mouth 			
I have been given a demonstration of how to perform mouth care by the nursing staff including: <ul style="list-style-type: none"> • Gathering all items needed • Approaching baby quietly, talk softly and touch gently • Clean slowly with a gentle press and scoop action • Calming and comfort measures during and post mouth care 			

<ul style="list-style-type: none"> • Give colostrum into the baby's cheek 			
<p>I am able to gather the right equipment to perform mouth care on my baby</p> <ul style="list-style-type: none"> • Expressed breast milk or sterile water • Mouth or gauze swabs, dental rolls or cotton buds 			