

How to use your baby's train



The picture of the train at the baby's bedside shows how your baby is doing in five areas:

BREATHING

FEEDING

GROWING

TEMPERATURE

SLEEPING

Each area is shown as a window on the train. As your baby's condition changes, you can change the window colour. The nursing staff will use the train to help explain what is happening in each area.

R - Red means the baby is NOT ready for home and needs to stay in the unit.

Y - Yellow means the baby is stable and PREPARING for transfer to a smaller local hospital or to home.

G - Green means that the baby is doing well and is READY for transfer to a smaller local SCBU or to home.

Each train window colour depends on your baby's condition and needs.

The nurses and doctors have developed a list of the changes that need to happen for each colour to change, which they will share with you. Each time you visit your baby, talk to the nurse to check on your baby's progress, and you can then make sure that the train windows are the right colours.

Every baby is different – for some babies the train windows change often, but others progress more slowly. If your baby's condition is improving the windows will change from red to yellow to green.

If your baby is less well the windows may change back to yellow or red. This may worry you, but it is important that the train shows your baby's true condition.

The train is meant to be a general guide to your baby's condition. The nurses and doctors will give you specific information about your baby's condition and plan of care.

Please refer to the Parent Train-to-Home leaflet and feel free to ask the nurses and doctors questions at any time