

## Neonatal service



# How to use your Miniboo



## Information for patients

As part of the expressing pack we want to give to you and your baby two small and soft comfort blankets called a Miniboo.

Using the Miniboo can help reduce parental stress, encourages bonding and helps new mothers to produce more breast milk. It works by keeping one Miniboo blanket close to you close to you.

Your natural scent is absorbed by the Miniboo. Your baby has the other Miniboo close to them too. When you swap the blankets over you will have one that is scented of your baby, and your baby has one scented of you, this can provide comfort for your baby and help you express breastmilk. We will provide you with two Miniboo blankets thanks to the generous support of the neonatal unit(s) charity, Cosmic.

## How to use the Miniboo blankets

- To scent your Miniboo put the blanket in the incubator or cot tucked up and touching your baby.
- To scent the Miniboo for your baby, place it against your skin. If you are breastfeeding you can place the Miniboo inside your bra or near your breasts. Fathers are also encouraged to use the Miniboo blanket and place it against their skin too.
- Please do not wear heavy perfumes or deodorants, drink alcohol or smoke before you scent the Miniboo, as these smells will transfer onto the blanket - and that is what your baby will smell.
- When you leave your baby in the unit swap your Miniboo blankets over. It is a comfort to you to know your baby will settle and feel more secure with the scent of you on their Miniboo. You will also gain comfort by taking your own Miniboo home, which is scented by your baby. Thinking about your baby and smelling their scent on the Miniboo blanket at those times when you are separated has been proven to help you produce more milk.
- Miniboos can be treated in the same way as your baby's own clothes and cot blankets that are on the unit. They can be taken home and washed. If the Miniboo blanket is soiled it will be taken out of your baby's cot or incubator, placed in a bag and kept safe for you to collect the next time you are on the unit. Miniboo blankets are washable at 30 degrees, using a non-biological washing powder and should be dried on a low setting.

We hope you find your Miniboo blankets useful, please let us know how you find using them. All your feedback is welcome.

## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at [pals@imperial.nhs.uk](mailto:pals@imperial.nhs.uk). The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to express your concerns in **writing** to:

Complaints department  
Fourth floor  
Salton House  
St Mary's Hospital  
Praed Street  
London W2 1NY

## Alternative formats

This leaflet can be provided on request in large print, as a sound recording, in Braille, or in alternative languages. Please contact the communications team on **020 3312 5592**.

## Wi-fi

We have a free wi-fi service (for basic filtered browsing) and a premium wi-fi service (requiring payment) at each of our five hospitals. Look for WiFiSPARK\_FREE or WiFiSPARK\_PREMIUM