

Naamuru Parent and Baby Unit

Information for parents and families



About Naamuru Parent and Baby Unit

Naamuru Parent and Baby Unit provides holistic, multidisciplinary specialist health care that is parent and infant centred, family and carer inclusive, and culturally sensitive.

Naamuru is a purpose-built unit located at Royal Prince Alfred Hospital in Sydney with eight inpatient beds opened 24 hours, 7 days per week.

Inpatient services are available for parents who are experiencing significant mental health problems in the perinatal period (before, during and after birth), and who are the primary care-giver for their baby (up to 12 months of age).

The parent and their baby are admitted together to facilitate maximum opportunity for healthy attachment and to minimise the trauma of separation. Partners or alternate support person are encouraged to stay overnight to support the care-giving and parent-baby relationship.

Our philosophy of care

Our philosophy of care is a framework of goals and values to help provide the best care for you and your baby during your time with us.

The care you will receive is underpinned by the concept of recovery, framed by your story, what has happened to you in the past, what is happening for you now and how you would like to see your future.

The care team will endeavour to support you to achieve your best life by working with you, your partner and your family to support you and your baby during your stay, on discharge, and in the future.

Our team

A multidisciplinary approach is essential to meet the unique needs of parents and babies. Our team includes mental health nurses, child and family health nurses, a clinical midwife consultant, psychiatrist, paediatrician, peer support worker, allied health staff including social worker, psychologist, occupational therapist, dietitian, and an exercise physiologist. All staff are health professionals with the ability to attend to the mental health needs of the parent and to facilitate appropriate care of your baby and promote parent-baby interactions.

Your room and facilities

You and your baby will have your own room with an ensuite bathroom. Rooms are generously designed with a queen sized bed, cot, and a daybed.

Within the unit, there are also communal areas including lounges, dining, kitchen and courtyard areas which can accommodate multiple families. Therapeutic spaces include group/activity rooms, gym, play areas, baby care room and a retreat.

What to expect when you arrive

There will be a period of time where the team will get to know you, your baby and your family. Together the team will work on identifying what your needs are and what treatment options suit your particular situation.

Treatment options may include:

- One on one supportive counselling
- Psychosocial therapies
- Parent-infant activities to promote attachment and provide reassurance and support
- Family therapy
- Medication



SLHD-90311
Last updated: May 2022



Health
Sydney
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Group program

Our Group program is comprehensive, varied and adaptable, taking into account the changing needs of each parent and their baby.

The group program offers both therapeutic and diversional groups, including evening and weekend groups. Some of the activities include:

- Mindfulness/yoga
- Psycho-education
- Recovery planning
- Baby care
- Medication planning for the future
- Self-care pampering group
- Social group outing
- Art group
- Baby food preparation

What we provide

- Cots, highchairs, baby baths, baby change mats, play equipment.
- Baby food
- Laundry facilities
- Disinfecting/sterilising equipment

What to bring

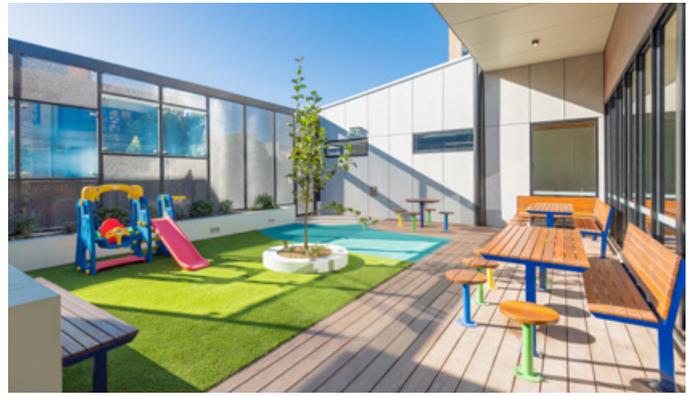
- Clothes for you and your baby
- Nappies – disposable
- Dummies (if required)
- Breast pads (if required)
- Bottles (if required)
- Infant formula
- Pram/stroller
- Breast pump if you prefer you own

If your baby has a special comfort item/toy we encourage you to bring this with you on admission.

Partners or support person staying

We strongly support partners staying over to provide support to you during your stay, and to help you caring for your baby. To enable your partner to stay, all bedrooms have queen size beds.

If you prefer, you may ask an alternative support person who is important in caring for you and your baby, to stay instead. Each room has a daybed to facilitate this.



Visiting hours

Visiting for your partner or support person is allowed 24 hours a day however the expectation is that entry to the unit will be restricted between the hours of 9pm and 7am.

General visiting hours (for other family and friends) are 3–8pm. Visiting outside of these hours can be discussed with your treatment team.

If families or carers require alternate local accommodation options, please speak to the social worker or slhd.nsw.gov.au/rpa/pdf/accommodation.pdf

Referrals and waiting list

Referral to the Naamaru Parent and Baby Unit must be received through the NSW Health mental health services. If you are not under the care of mental health services, your GP or local hospital will be able to refer you to your mental health team.

Once you are referred, you will be placed on a waiting list which will be regularly reviewed. Your local mental health team will look after you while you wait for a place and we will liaise with them to seek updates about any changes in your circumstances.

We will be in contact with your local team to advise when a place is available. The Naamaru Parent and Baby Unit is **not able to accept self-referrals**.

Contact us

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