



SUPPORT FOR YOU AND YOUR BABY

If a baby is born before 37 weeks of pregnancy, it is Premature.

1 in 13 babies in the UK are born prematurely.

They can be in hospital for a few days, weeks or even months.

This is a very stressful and emotional time for the families.

YOU ARE NOT ALONE

My name is Nicole Mortimer, I'm 21 years old and I live in Glasgow. I've had two babies born prematurely; Kai at 23 weeks and Jack at 28 weeks. I was in hospital for just over a week with Jack and for 13 days with Kai due to an infection. Jack was released from hospital after ten weeks but unfortunately, Kai passed away after 15 days.

I had some great support in the hospital and I was always kept up to speed with everything that was going on. If I had questions, the doctors and nurses would do their best to answer them.

If you want to get some support to help you cope during this very difficult time, below are some organisations that can help...

Yorkhill Children's Charity

A hospital based charity that works tirelessly to make these difficult times easier for the children and their families.

Ronald McDonald

A charity offering 'home away from home' accommodation for families with children in hospital.

Bliss

A charity offering family support services, providing confidential advice, information and support.

Fixers is a campaign that helps young people 'use their past to fix the future' and is part-funded by the National Lottery through the Big Lottery Fund.

