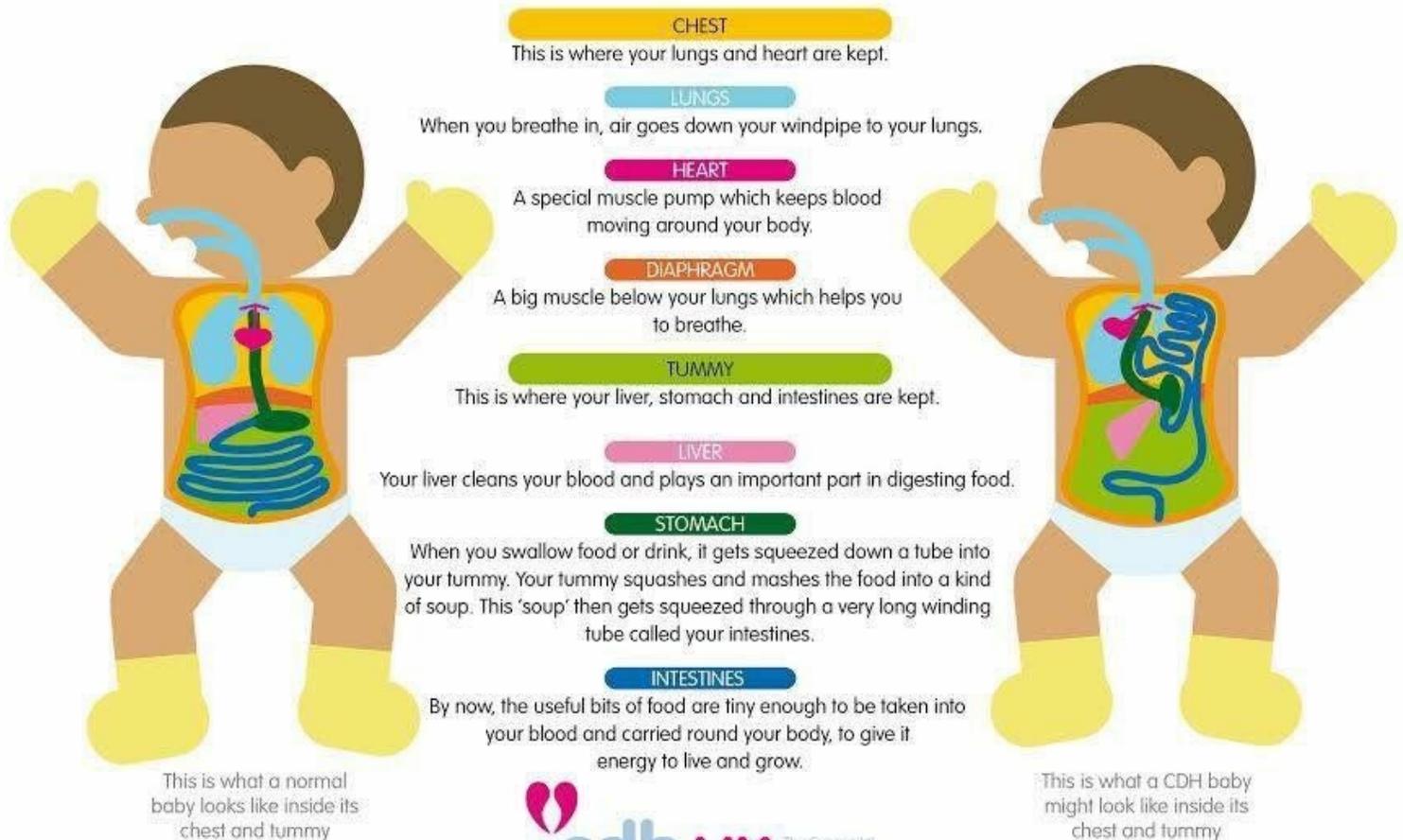


## Our Baby is Home, Now What? A Handout for Family & Friends



 **cdh UK** The Congenital Diaphragmatic Hernia Charity  
www.cdhuk.org.uk support@cdhuk.org.uk

CDH UK is a registered charity in England and Wales (no. 1106065) and registered in Scotland (no. SC042470).  
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- Congenital Diaphragmatic Hernia (CDH) occurs when the diaphragm fails to fully form, allowing abdominal organs to move into the chest cavity and preventing the lungs from having enough room to grow.
- Even though our baby looks very typical, they are considered to be medically fragile because their lungs did not develop in utero like a typical child's lungs would develop.
- Our baby has had multiple medical procedures in its very short life. Things like ECMO to work in place of their heart and lungs, repair surgery for the diaphragmatic hernia, a ventilator to help them breathe and a feeding tube for nourishment. Our baby may be on oxygen to help blood saturation for the foreseeable future.



- We know that you want to meet our little one, but we have to be very careful about their health and exposure to other people. Typical children get sick for a few days with illnesses like a cold, flu or RSV. These childhood sicknesses could be life threatening for our baby. Because of this we have to follow strict rules about caring for our baby when we can allow visitors.

## If you come visit, please....

- Call before you come. We want to see our friends and family, but it may not be a good time.
- If we say it is not a good time, respect that.
- Leave young children at home unless we specifically say it is ok for them to visit. If they have been sick in the last 10 days, they cannot visit.
- If you have been in a big crowd, shower and put on clean clothes before you come over.
- Wash your hands with warm soapy water and dry with a paper towel before you touch the baby.
- Don't touch the baby unless we say it is ok.
- Only pick our baby up with permission. CDH babies have incisions spots, often have oxygen and we may need to help you pick the baby up or give you special instructions for the canula or tender spots.
- Make sure you have had a pertussis vaccination. Whooping cough or pertussis has been more prevalent in the last 10 years. We would prefer that the baby only be around people who have a current TDAP vaccination. Pertussis could be a death sentence for our CDH baby.
- During flu season, we can only allow visitors that have had a flu shot.

We love all of our friends and family that have been so supportive during our CDH journey and we appreciate your desire to meet our little person and we want to see you, but we have to be so careful about germs. Having to be vigilant about germs will be part of our parenting throughout our CDH baby's childhood because of their compromised lungs.