

Occupational therapy and neonatal care in Wales

One in seven babies born in the UK are admitted to a neonatal unit each year because they were born before 37 weeks of pregnancy (preterm) or were unwell when born at full term.

The number of occupational therapists working in neonatal services is small – we currently have four neonatal occupational therapists in Wales – and posts are rarely full time. Our resources must, therefore, be used wisely to ensure maximum benefit for babies and their families.



What we do

Occupational therapists promote the neurodevelopment of babies who need neonatal care. We provide developmentally appropriate care, helping babies to sleep, feed, play, interact and regulate their body systems.

A key role for occupational therapists is enabling parents and carers to care for and nurture their baby's development. We help them learn about and respond to their baby's behavioural cues and signs of stress. We support parents to carry out activities such as settling and holding their baby, bathing them and helping them cope with medical procedures. We also help parents and carers with 'hidden' activities, such as decision making and interpreting their baby's behaviour. This is important because enabling parents and carers to bond with and care for their baby is crucial for infant development and parental wellbeing.

Occupational therapists also provide anticipatory guidance to promote babies' sensory, motor, attention, regulation and play development both during their neonatal admission and to prepare for their discharge home.

Further information about occupational therapy and neonatal care

New elearning about occupational therapy in neonatal care - RCOT

[Occupational therapy in neonatal services and early intervention - RCOT](#)



Therapi galwedigaethol a gofal newyddenedigol yng Nghymru

Caiff un ym mhob saith o fabanod a gaiff eu geni yn y Deyrnas Unedig eu derbyn i uned newyddenedigol bob blwyddyn oherwydd iddynt gael eu geni cyn 37 wythnos o feichiogrwydd (cyn amser) neu eu bod yn wael pan gawsant eu cario i'w cyfnod llawn.

Nifer fach o therapyddion galwedigaethol sy'n gweithio mewn gwasanaethau newyddenedigol – ar hyn o bryd pedwar therapydd galwedigaethol newyddenedigol sydd gennym yng Nghymru – ac anaml mae swyddi yn rhai llawn-amser. Felly mae'n rhaid i ni ddefnyddio ein hadnoddau yn ddoeth i sicrhau'r budd mwyaf ar gyfer babanod a'u teuluoedd.



Yr hyn a wnawn

Mae therapyddion galwedigaethol yn hyrwyddo niwroddatblygiad babanod sydd angen gofal newyddenedigol. Darparwn ofal sy'n briodol i'w datblygiad, gan helpu babanod i gysgu, bwydo, chwarae, rhyngweithio a rheoleiddio systemau eu cyrff.

Ròl allweddol i therapyddion galwedigaethol yw galluogi rhieni a gofalwyr i ofalu am a meithrin datblygiad eu baban. Rydym yn eu helpu i ddysgu am ac ymateb i arwyddion ymddygiad a gofid a ddangosir gan eu babanod. Cefnogwn rieni i wneud gweithgareddau tebyg i setlo a dal eu baban, eu hymolchi a'u helpu i ymdopi gyda thriniaethau meddygol. Rydym hefyd yn helpu babanod a gofalwyr gyda gweithgareddau 'cudd' tebyg i wneud penderfyniadau a dehongli ymddygiad eu baban. Mae hyn yn bwysig oherwydd mae galluogi rhieni a gofalwyr i ffurfio cwlwm gyda'u babanod a gofalu amdanynt yn hanfodol ar gyfer datblygiad y baban a lles y rhieni.

Mae therapyddion galwedigaethol hefyd yn rhoi canllawiau rhagweld i hyrwyddo datblygiad synhwyrdd, echddygol, sylw, rheoleiddio a chwarae babanod yn ystod eu triniaeth newyddenedigol mewn ysbyty ac i baratoi ar gyfer iddynt fynd adre.

Mwy o wybodaeth am therapi galwedigaethol a gofal newyddenedigol
E-ddysgu newydd am therapi galwedigaethol mewn gofal newyddenedigol - RCOT
[Therapi galwedigaethol mewn gwasanaethau newyddenedigol ac ymyriad cynnar - RCOT](#)

