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North Shore Hospital celebrates four 100-day milestones in SCBU

Over the next two weeks, four families in North Shore Hospital's Special Care Baby Unit (SCBU) are celebrating their pre-term babies turning 100 days old. This is a significant milestone for the babies who are often the youngest born in our care. For some, it means it's nearly time to go home, the much-anticipated moment for parents of premature babies.

Today, the SCBU team celebrated Bjorn Jan Boulter turning 100 days old with a cake made by a nurse in the department. Bjorn was born at 24 weeks and his mother, Jana, is looking forward to the moment he can finally go home.

"It's so exciting that he's reached this milestone but it's also a little bittersweet - I can't help but think that it's 100 days he could have been at home with us. It's more exciting than sad but it's been a real journey."

Jana shared the struggles of adjusting to splitting her life between the hospital and her family at home, with Christmas and New Year's being particularly difficult, but says the care she's received, especially from Charge Nurse Sarah Timmis, has made all the difference.

"Sarah has been absolutely amazing - she's gone over and above for me. I could go to her office and talk and even have a cry and she would just listen to me and let me get it out. She's been so supportive."

The SCBU team love to celebrate the 100-day milestone and say it's unusual to have so many babies this close together. It's only the earliest arrivals that usually make it to 100 days in hospital, so it's been a long journey with these babies.

"The families become part of our family and although we're so happy when they get to go home, we miss them terribly when they leave. It's also beautiful to see friendships formed between parents in the ward, friendships that last beyond their time here," Says Sarah.



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