








PARENT NAME(S): _____

FOR BABY: _____ DATE OF BIRTH: _____

This sheet has been designed as a guide to educate families on the necessary steps that occur prior to your baby going home. **You may use this tool to track your baby's progress by crossing out the square when you have completed that activity.** All activities may not apply to every baby. Cross out only the activities that apply to your baby. If you have any questions regarding the above steps, please contact your primary nurse. Thank you.

| | At Admission <i>Your Baby Weighs:</i> _____ | When Your Baby Weighs: 1500-1600 g (3 – 3 ½ lbs) | When Your Baby Weighs: 1600-1800 grams (3 ½ – 4 lbs) | Two Weeks Before Discharge: Your Baby Weighs: > 4 lbs | One Week Before Discharge: Your Baby Weighs: > 4 lbs |
|---|---|---|--|---|---|
| Nutrition  | <input type="checkbox"/> Intro to feeding: breast, nipple, tube, or IV nutrition (assessed by a dietitian) <input type="checkbox"/> Meet with lactation consultant <input type="checkbox"/> Learn how to build your milk supply | <input type="checkbox"/> Begin feeding your baby (breast, nipple, tube, or IV nutrition) | Your baby is gaining weight <input type="checkbox"/> Review breast feeding or pumping with lactation consultant | <input type="checkbox"/> Learn how to mix formula (if applies) | Your baby is eating every 3-4 hours <input type="checkbox"/> Gaining weight <input type="checkbox"/> Purchase formula <input type="checkbox"/> Order & pick up special formula (if needed) |
| Baby Care  | <input type="checkbox"/> Learn about skin-to-skin contact How can it benefit my baby? | <input type="checkbox"/> Learn baby care: ___ taking temperature, ___ changing diapers, etc. | <input type="checkbox"/> Learn how to bathe your baby | <input type="checkbox"/> Decide on circumcision <input type="checkbox"/> Get shots (for babies 2 months old) <input type="checkbox"/> Demonstrate baby care competence with nurse | <input type="checkbox"/> Ask your nurse or doctor any questions about how to care for your baby at home |
| Medications & Equipment  | <input type="checkbox"/> Learn what your baby's monitors can tell you | <input type="checkbox"/> Watch and learn about your baby's medications | <input type="checkbox"/> Demonstrate giving medications to your baby | <input type="checkbox"/> Learn about changes to your baby's medications | <input type="checkbox"/> Fill prescriptions at the pharmacy <input type="checkbox"/> Bring medications to the hospital <input type="checkbox"/> Have equipment delivered to your home <input type="checkbox"/> Receive your baby's Immunization card |
| Your Health Care Team  | <i>Meet your:</i> <input type="checkbox"/> Doctor <input type="checkbox"/> Nurse <input type="checkbox"/> Case Manager <input type="checkbox"/> Social Services | <input type="checkbox"/> Attend several "Parent Nights" to learn more about team member roles and meet other parents <input type="checkbox"/> Be an advocate for your baby <input type="checkbox"/> Clarify your questions with your Health Care Team | <input type="checkbox"/> Meet with the appropriate therapist (PT, OT, SLP) to learn about your baby's development | <input type="checkbox"/> Follow up with case manager and social services to establish discharge plan | <input type="checkbox"/> Learn how to contact your health care team once your baby goes home |
| Tests  | Your baby will have multiple tests while in the hospital. If you have any questions, please ask your nurse or doctor. | <input type="checkbox"/> Eye exam (6 weeks of age) (for babies born <32wks PMA) <input type="checkbox"/> Developmental assessment by the appropriate therapists (PT, OT, SLP) (if needed) | <input type="checkbox"/> Hearing screening by the audiologist <input type="checkbox"/> Feeding assessment by the appropriate therapist (PT, OT, SLP) (if needed) | <input type="checkbox"/> Get baby's test results Please ask the appropriate staff to clarify the results if you have any questions. | <input type="checkbox"/> Car Seat Screen (for babies born at <37 wks PMA) <input type="checkbox"/> Get your baby's foot prints |
| Education  | <input type="checkbox"/> Begin journaling about your baby's NICU journey <input type="checkbox"/> Learn about your baby's diagnoses | <i>Learn about:</i> <input type="checkbox"/> Baby's needs <input type="checkbox"/> Baby's "signals" | <input type="checkbox"/> Get a car seat for your baby and attend a car seat class <input type="checkbox"/> Watch CPR video | <input type="checkbox"/> Attend CPR class <input type="checkbox"/> Return demonstration of CPR techniques with RN <input type="checkbox"/> Update and provide expanded explanation of diagnoses and/or problems that need follow up | <input type="checkbox"/> Learn about "do's and don't's" of going home <input type="checkbox"/> Get WIC form from your case manager |
| Discharge Planning  | Begin planning: <input type="checkbox"/> Add your baby to your insurance plan; <input type="checkbox"/> Update personal information (i.e. phone number and address) | <input type="checkbox"/> Choose your pediatrician: your case manager can help. | <input type="checkbox"/> Get your baby's space ready at home (toys, bottles, clothes) <input type="checkbox"/> Get helpful hints from your nurse <input type="checkbox"/> Establish support system at home | <input type="checkbox"/> Learn about equipment needed for home (if applies) (apnea monitor, oxygen use, tube feedings) <input type="checkbox"/> Arrange an extended visit or overnight stay with your nurse to learn about home care | <input type="checkbox"/> Return demonstration of Tummy Time to Therapist <input type="checkbox"/> Learn sleep positions "Back to Sleep Program" <input type="checkbox"/> Receive your multidisciplinary discharge summary |