

ADMISSION

- NICU unit orientation
- Review admission information
- I do skin to skin (Kangaroo Care) with my baby when able
- I know my baby's feeding plan (brought in bottles and nipples to be used at home when ready)
- I received education and/or watched videos about:
 - Safe Sleep and SIDS
 - Shaken Baby Syndrome
 - Car seat safety
 - Newborn State Screen
 - Hearing Screens
 - Vaccinations
 - Infant CPR
 - Hand washing
 - Secondary smoke exposure
- I visited the recommended websites/apps:
 - ❖ Healthychildren.org
 - ❖ Babystepstohome.com
 - ❖ Handtohold.org
 - ❖ My NICU Baby® App

Name Sticker

DURING NICU STAY

- Discharge meeting with the team around the 34-week mark
- Choose a pediatrician and call the office to sign up and check insurance coverage
- I am confident caring for my baby
- Ask the nurse if my baby has had:
 - Vaccines such as Hep B or Synagis® (sign consents for vaccines)
 - Newborn State Screen
 - Heart disease screen (CCHD)
 - Hearing screen
 - Car seat test (if needed)
- Plans for my baby boy to be circumcised if desired
- I received medication teaching and filled the prescriptions
- Sign up for and attend CPR/ discharge class if offered
- We are practicing safe sleep
- Get trained on any special equipment such as oxygen, monitor, feeding pump
- I installed the appropriate car seat
- I stayed overnight if needed
- I prepared my home (infant bed, diapers, feeding supplies, etc.)

DISCHARGE

- My Baby is:
- Maintaining temperature in a crib
 - Feeding well
 - Gaining weight
 - Free from apnea and bradycardia
 - Practicing safe sleep
- I have all the appointments my baby needs
- Pediatrician, subspecialists, and therapists
 - Early Intervention
 - Visiting Nurse
 - Audiology
 - Follow-up Clinic
 - CHILD Clinic
 - WIC
- Questions or concerns I still have about my baby have been addressed
- I know my baby's feeding plan (amount, frequency, formula mixing)
- All equipment and supplies were delivered to my house
- I feel well prepared and confident taking my baby home
- I know when to seek medical advice from the pediatrician or call 911
- I have an Emergency Contact list available at home
- The best time and contact number for follow-up phone call: _____