

PARENT PARTICIPATION IN BABY STEPS TO DISCHARGE

My baby, _____ was born at _____ gestational age (GA) and is now _____ corrected gestational age

Orientation to the NICU: Parent Programs, Parent Information binder, Hand Hygiene, Parent lounge, Pump room, my important role as a parent						
Developmental care: Learn about <ul style="list-style-type: none"> • My baby's cues and developmental milestones • How to hold, touch and talk • How to position and handle 		➔	Learn more about <ul style="list-style-type: none"> • Providing all the care for my baby • Responding to my baby's cues • Positioning for sleep/play time 		➔	Learn more about: <ul style="list-style-type: none"> Positioning and development Development in the first months at home Play
Skin to skin: Hold my baby skin-to-skin when stable enough to come out of the incubator Decreasing the risk of infection: Ask to see the video on decreasing the risk of infection, understand all about hand washing and the importance of my "baby's space" ,						
GA (weeks)	23-26	27	28	29 - 32	Greater than 33 →	
FEEDING	Develop a feeding plan Pump to provide breast milk for oral therapy	Provide a pacifier	Attend pumping and breastfeeding program (Thurs/Sunday)	Review pumping and feeding plan with RN/LC Attend pumping/breastfeeding program (Thurs/Sunday)	Try baby at breast/ NNS/breast feeding Respond to feeding cues	
DAILY CARE	Develop a Care Plan I am participating in my baby's care.	Update Care Plan Skin to skin care Interacting with my baby	Update Care Plan Temperature, diaper change, mouth care	➔	Update Care plan Bathing baby, providing all baby care, spending long periods of time at the hospital, attend medical rounds	
PLANNING FOR DISCHARGE	Attending parent groups		Select a transfer hospital Arrange for a family update meeting	Book CPR course	<ul style="list-style-type: none"> • Bottle feeding)(if bottle feeding, formula preparation) Practice giving medications • Hearing screen for all newborns • Car seat education/probing • Care by parent room 	
PRIOR TO DISCHARGE			FEEDING	HOME	AT DISCHARGE	
			Leading up to discharge: Review feeding plan. Make NNS/feeding schedule (breast/bottle)	Prepare home (car seat, crib, baby's room, clothes etc) Find a Paediatrician/family doctor Discuss information on SIDS, "Back to sleep" Discuss decreasing the risk of infection at home	<ul style="list-style-type: none"> • Community supports arranged, PHN, infant development • Follow up appointments received (paediatrician, family doctor, neonatal clinic, hearing, eyes etc) • Discharge information and Immunization record provided • Other - depending on your baby's needs i.e. special medications, feeding instructions 	



This is to give you an idea of the approximate gestational age when a baby may reach these milestones which will help you to plan for transfer or discharge: it varies for each baby