

When Baby Is In The NICU

Ask Lots Of Questions	Body Feeding Baby
<ul style="list-style-type: none"> <input type="checkbox"/> What treatments will baby require? <input type="checkbox"/> Please explain what I'm seeing? <input type="checkbox"/> How often can I come in and do skin to skin with baby? <input type="checkbox"/> How often will I be able to feed baby? <input type="checkbox"/> How long will baby be in the Isolet <input type="checkbox"/> What is baby's schedule <input type="checkbox"/> Write down any time you have you a question to ask the doctors or nurses 	<ul style="list-style-type: none"> <input type="checkbox"/> Begin hand expressing colostrum right away <input type="checkbox"/> Get support from the staff IBCLCs <input type="checkbox"/> Ask about bottle alternatives if possible <input type="checkbox"/> Once mature milk is in, begin pumping every 3 hrs, even at night <input type="checkbox"/> Seek out a lactation consultant for when you leave the hospital.
While Baby Is In The NICU	Items You May Need
<ul style="list-style-type: none"> <input type="checkbox"/> Get lots of rest <input type="checkbox"/> Focus on staying informed & pumping <input type="checkbox"/> Seek out a support group for NICU parents <input type="checkbox"/> Remember to eat & stay hydrated <input type="checkbox"/> Take time to break down and cry <input type="checkbox"/> Take any help you may need <input type="checkbox"/> Tell people what you need, be direct <input type="checkbox"/> Talk to a therapist for your mental health, if necessary <input type="checkbox"/> Take an infant CPR & First Aid course 	<ul style="list-style-type: none"> <input type="checkbox"/> Smaller Preemie clothes, incl hats <input type="checkbox"/> Preemie diapers <input type="checkbox"/> Bottles with preemie nipples <input type="checkbox"/> Wrap to wear baby when you get home <input type="checkbox"/> Feeding pillow <input type="checkbox"/> Feeding & Diapering journal <input type="checkbox"/> Baby monitor <input type="checkbox"/> Cradle or bassinet to have baby sleep next to a parent/adult over night

Things To Remember

- The hospital wouldn't discharge baby if they weren't well enough
- Ask the hospital about follow up visits and what to do if there is an emergency with baby
- Remember skin to skin is so beneficial for baby and you, take the time to just chill with your baby
- Take time for your own self care and physical health
- Ask for help with you need it
- Find your NICU parent community for support

