

# Getting Ready for Home

Congratulations! Your baby may soon be ready for discharge from the hospital to go home with you. As you begin to plan for your baby's homecoming, it is normal for parents to feel a range of emotions. You may feel excited, hopeful, and happy. You may also feel somewhat worried about the transition to home: What if my baby gets sick? What if he/she doesn't eat well or gain weight? What if something goes wrong with his/her equipment? How will I know that he/she is okay without the monitors? After weeks or months in the NICU, you may miss having your baby's care team nearby to answer questions.

You can help make the transition go smoothly by:

- Limiting your baby's caregivers to a few consistent people. Also, limit visitors in the first days and weeks at home, until you and your baby are settled
- Establish patterns throughout the day; develop routines around eating, sleeping, playtime, and bathing. Routines help your baby learn to eat and sleep in a predictable pattern
- Remember that even after your baby comes home, they will still need lots of quiet and rest. Keep your home soothing, slow, and calm. Remind visitors of your baby's need to rest
- Have fun as a family! Enjoy your first days at home, and know there are many more to come!

Reminder: Ask questions!

- What questions do you have about preparing to go home?
- Is there anything about caring for your baby that we can review again?