Late Preterm Infant Discharge Plan

Help me stay warm by:
Holding me skin-to-skin OR
Swaddling me in two dry blankets
Check my temperature if I feel too cold or too hot.

My feeding plan:
I need at least 8-10 feedings every 24 hours
Breastfeed me every 2-3 hours for _____ min
For now, I need extra calories from _____ pumped breast milk; _____ formula.
Please give me pumped breast milk and/or __________ formula.
The total amount I need is _____ ml every ____ hrs by _____ bottle; _____ tube at the breast; _____ tube with finger; _____ syringe.
After I eat, my mom pumps both breasts at the same time for ____ minutes.

My sleeping patterns:
I have 6 different states of alertness:
Deep Sleep: My breathing is slow and regular. I’m hard to wake up!
Light Sleep: My eyes move rapidly under my eyelids. This REM (Rapid Eye Movement) sleep is when most of my growth occurs.
(Deep Sleep and Light Sleep are very important to my development.)
Drowsy: This is when you can wake me easily if a feeding is overdue.
Quiet Alert: I am awake and calm. This is a great time to feed and interact with me.
Active Alert: I’m moving, kicking, sucking. This is a good time to put me on my tummy while you are watching me.
Crying: This is a time when you can help me move into a calmer state.

I’m new to this world and can get overwhelmed.
Sometimes I get a little overwhelmed or stressed when I am held by others, hear a loud noise, wake up too quickly, or need some “down-time”.
I’m just learning how to handle all of these changes in my world. So for now, I will show you when I’m overwhelmed by:
- Getting the hiccups
- Starting to sneeze
- Getting a little more jittery
- Getting a little pale around my mouth

When this happens, your calming presence and tender-loving care help me calm down.

Additional tips to help me:
Please remove my hat when I am napping or sleeping.
Keep me safe when we are skin-to-skin:
- Turn my head to the side so you can see my nose and mouth to make sure I’m breathing comfortably
- If you are feeling sleepy, wrap me up or put me in my own sleep space near you (bassinet or crib) so we can both rest safely.