



# BRIGHAM AND WOMEN'S HOSPITAL

## 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.

## Always Remember!

### Safe Skin-to-Skin



### Safe Sleep

1. Alone in crib
2. On his/her back
3. Empty crib



### Safe Tummy Time



### Safe Car Seat Position

