



Parent Information Sheet: **Going Home!**

**Congratulations!** You are taking your new baby home. You have worked very hard to get to this point.

**Breathing:** If you think your baby is having any problems breathing, call your baby's doctor. If he/she stops breathing or turns blue, call 911.

**Temperature:** Before you go home, you will learn how to take your baby's temperature under the arm. If you think your baby is too hot or cold, or if you are concerned that your baby is sick, check the temperature. Call your baby's doctor if his/her temperature is under 97.6F or over 99.5F under the arm. Continue as much skin to skin time as possible in the early weeks at home.

**Feeding:** The nurse and lactation specialist will design a feeding plan for you to follow when you go home. Be sure to feed your baby at least every 3 hours. Be sure your baby has at least 6 wet diapers and 4 stools every 24 hours.

**Blood Sugar:** Your baby has been cleared of blood sugar problems. However, if your baby seems pale, sweaty, or shaky, call your baby's doctor.

**Jaundice:** If your baby looks more yellow at home, call your baby's doctor.

**Infection:** Your baby needs all his/her energy to feed and grow. Encourage your visitors to peek at the baby rather than picking up and passing him/her around. This can disturb your late preterm baby's sleeping and growing in the early weeks. If your baby is held, be sure to ask everyone to wash their hands before touching your baby. Ask sick friends and family to wait to visit until they are better. If your baby gets a cold, fever, or has trouble breathing, call his/her doctor.

**Congratulations on  
going home!**

Pediatrician: \_\_\_\_\_

1<sup>st</sup> appointment  
(date/time): \_\_\_\_\_

It is important that your baby is seen within 1-2 days after leaving the hospital to make sure everything is continuing to go well.

**Important Numbers**

Pediatrician:

**Emergency:**  
911

**Poison Control:**  
1-800-222-1222

**National Domestic Violence  
Hotline:**  
1-800-799-SAFE (7233)

Safe Sleep Positioning

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

