



BRIGHAM AND WOMEN'S HOSPITAL

Parent Information Sheet: **Well Baby Nursery (WBN)**

What to expect in the WBN: Your baby may need extra time to grow strong enough to go home. Most late preterm babies need to stay in the hospital 4-5 days. If your own doctor or midwife says you are ready for discharge, the nursing staff will do their very best to find accommodation for you to stay at the hospital until your baby can go home. During this time, you will either care for your baby in the nursery or in the NICU with nurse's support. You will learn more about your baby's cues, how to feed, and give him/her the best care.

The following areas will be watched closely:

- **Breathing**
- **Temperature**
- **Feeding**
- **Blood sugar**
- **Jaundice (yellowing of the skin)**
- **Infection**

Breathing: The nurses will be checking on your baby regularly. If you are worried about his/her breathing, please call a nurse. Since late preterm babies are not as strong as full term babies, they may have problems breathing when placed in a sitting position, such as in a car seat or swing. Before going home, your baby will have a **car seat test**. A nurse will put your baby in your car seat on a monitor to watch the baby's heart rate, breathing rate, and oxygen level. The test lasts 90 minutes.

Temperature: Your nurse will be checking your baby's temperature regularly. Keep your baby skin-to-skin as much as possible. If your baby is not skin-to-skin, dress her/him in a t-shirt, hat and 2 cotton blankets. When your baby is sleeping or napping, be sure to **remove** the hat.

Feeding: Feeding your baby may take more effort than expected. Your baby is likely to need "triple feeds" – this is when you breastfeed, give extra milk (pumped breast milk, pasteurized human donor milk or formula) at the breast through a tube or by bottle, and then pump afterwards to stimulate your milk production. Colostrum (early milk) has good antibody protection for your baby so every drop counts. Your breast milk supply will take a few days to come in.

Blood sugar: Some late preterm babies can have low blood sugar levels so we always check for this. We can usually treat low blood sugars with a combination of sugar gel and feeding. Spending lots of time skin-to-skin with your baby will also help prevent low blood sugars.

Jaundice: Jaundice in late preterm babies can increase for the first 5-7 days of life. Your baby's bilirubin level will be checked daily. Your infant may need treatment if the level is high.

Infection: We will watch your baby for any signs of infection. Anyone who touches your baby should wash their hands first. Don't allow someone who is sick to visit your baby. Siblings under 6 years old may not realize when they are coming down with an illness. We recommend that young siblings not be encouraged to kiss the new baby for the first month of life. Remember that your baby's immune system is immature and you want to keep him/her healthy in the early weeks especially.

Congratulations on the birth of your baby!

Car seat positioning



Safe Skin-to-Skin



Triple feeds

1. Breastfeed
2. Give extra milk (pumped breast milk, pasteurized human donor milk, or formula) at the breast through a tube or by bottle
3. Pump afterwards to stimulate milk production