



Parent Information Sheet: **When Can My Baby Go Home?**

You have done a wonderful job caring for your baby and are probably looking forward to going home. Because your baby is a late preterm infant, she/he needs to be doing a few things before being ready for discharge.

Breathing: Your baby needs to be breathing well on his/her own. Having a car seat that fits properly as well as passing the car seat test is necessary. Please bring your baby's car seat to your room for the nurse to check.

Temperature: Your baby needs to have normal temperatures in an open crib for at least 12 hours before going home. Normal underarm temperatures are 97.6F to 99.5F.

Feeding: Your baby needs to be feeding well and, for smaller babies, gaining weight for 1-2 days before going home. Your baby will be weighed every day. All babies lose weight in the first few days of life, so it may take a few extra days for your baby to start gaining it back. Eventually you can exclusively breastfeed if you choose. Most late preterm babies need extra milk (pumped milk, pasteurized human donor milk, or formula) early on. If your baby is taking extra milk, you need to be comfortable feeding by bottle on your own.

Blood Sugar: Your baby needs to have normal blood sugar levels and no more need for checking to be sure the levels are stable.

Jaundice: Your baby needs to have a normal bilirubin level before going home.

Infection: Your baby needs to be off antibiotics and not showing any signs of infection before going home.

Waiting is NOT easy!

We know you are excited to take your baby home and the hardest part, at times, is waiting. When your baby shows us that she/he is able to thrive and be well, then your baby is ready to go home. Until then, you may need more rest – your baby is feeding often and has no schedule yet. Feel free to unplug your phone, let text messages and calls go unanswered for a while, or ask your nurse to hang a "Quiet" sign on your door. Be sure to tell your visitors that there is a quiet time from 2-4pm daily when mothers and babies are encouraged to rest. You need your energy to take care of your little one!

Congratulations on getting ready to go home!

Important firsts

My full name: _____

My birthday: _____

I was _____ weeks early

My birth time: _____

My first nurse: _____

My first doctor: _____

1st feeding (date/time): _____

When I was first placed skin to skin:

I loved it!

I tried to latch on

I fell asleep

1st poop(date/time): _____

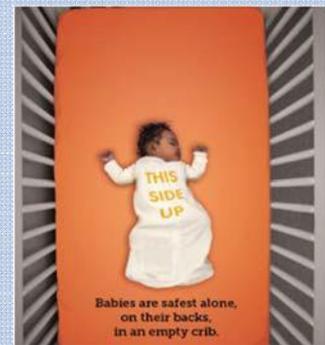
I moved to the WBN on _____

My doctor when I go home is:

My doctor's phone #:

Safe Sleep Positioning

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



Remember 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