



# READY-TO-TAKE-BABY-HOME CHECKLIST



## FOR A NICU PARENT

The below checklist will help you to make sure, whether you are all set to take your babies to your sweet home from the NICU (Neo natal Intensive Care Unit)

### The Basics

- Assure that you are comfortable in holding and handling the baby, as they may be very tiny.
- Be aware of the baby's sleeping patterns.
- Understand how to keep the baby warm.
- Learn the techniques to calm down your baby when he is restless or cries.

### Health Related

- Know about any health conditions still prevailing with your baby which need to be monitored at home.
- Get familiarized with the medicines which are daily administered to the baby, their quantity and timings.
- Gather advice on what emergency conditions may occur and how to handle them.(First Aid awareness)
- Be aware of any possible common illness which might occur and what medicines need to be given along with the quantity and frequency details.
- Be informed on how to handle colic pain.
- Note down baby's latest weight details and the weight gain expected per week.

### Feeding

- Baby's feed intake intervals and quantity per feed.
- Learn how to prepare formula feeds
- Know how the formula or mother's milk have to be given, when and in what frequency.
- Get used to feeding the infant with syringes or bottles.
- Details on when to start direct Mother Feed
- Make sure how to handle reflux and acquaint with burping and holding or lying positions of the baby after feeds.

### Baby Care

- Get trained on how to clean the baby and change nappies.
- Get accustomed with bathing techniques like sponge bath or towel bath or a complete bath.
- Details on when to give a complete full bath for the baby.
- Be familiar with the Kangaroo therapy techniques.

### Post NICU Consultations

- Keep track on the next check up date with the neonatologist.
- Find if consultation with any other physicians is needed like an ophthalmologist and note the next consultation date.
- Get the contact information of all the physicians and doctors who attended your baby in the NICU for further consultations.

These are some general requirements in which you should be skilled well before taking the babies home. You may also have to familiarize on few more points based on your baby's health condition.

