



# My Building Blocks to Home



My Name: \_\_\_\_\_

My Birthday: \_\_\_\_\_

## I am going home!

Date: \_\_\_\_\_

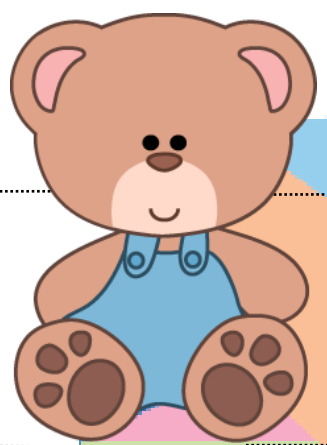
- My discharge instructions have been reviewed and signed by my parents and nurse.
- HowsYourBaby.com has been completed by my family.

**Homeward Bound Blocks**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- My family received a My Baby's First Year book.
- My family has and can give me my vitamins and medications.
- My home is ready for me.
- My caregivers are ready for me.
- My family feels confident caring for me.

## Preparing for Home Blocks



- My car seat is in the NICU.
- I have completed my Car Seat Challenge.
- My family watched my Going Home videos.
- My going home outfit is in the NICU.
- My follow-up appointments have been made.
- My family can do bulb suctioning for me.
- My home bottles and nipples have been used in the NICU.
- My family can mix my milk or formula.
- My family knows about Safe Sleep.



## Feeding & Growing Blocks

**Supportive Oral Therapies**

- Parents Learning
- Parents Ready

**Breast Feeding 'Stim' vs Nutritive**

- Parents Learning
- Parents Ready

**Infant Driven Feeding**

- Parents Learning
- Parents Ready

**Bottle Feeding**

- Parents Learning
- Parents Ready

## Early Stay Blocks

**Temperature**

- Parents Learning
- Parents Ready

**Diapering**

- Parents Learning
- Parents Ready

**Developmental Care**

- Parents Learning
- Parents Ready

**Sponge Bath & Tub Bath**

- Parents Learning
- Parents Ready

**Dressing**

- Parents Learning
- Parents Ready

## Admission Blocks

- Admission binder received
- Family Assessment Form complete
- Wristbands received
- NICU Routine discussed
- Patient Rounds discussed

- Parent Support and Activities discussed
- Baby's Primary Care Physician chosen
- Baby's shots have been discussed

**Mouth Care**

- Parents Learning
- Parents Ready

**Calm & Soothe**

- Parents Learning
- Parents Ready

**Pumping**

- Parents Learning
- Parents Ready

**Kangaroo Care**

- Parents Learning
- Parents Ready