



Checklist for Family Self-Directed Education

Welcome to the NICU. Below are some things for you to review to help you through your NICU stay and to help prepare you to go home. All educational materials can be found at www.bidmc.org/Centers-and-Departments/Departments/Neonatology/NICUResources.aspx

Admission

- Timelines for NICU Stay (there are two one for infants born at less than 34 weeks gestation and one for infants born at 34 weeks gestation & above)
- NICU Dictionary

During the NICU Stay

- Developmental Care in the NICU
- Skin-to-Skin Care in the NICU and Skin-to-Skin & Hand Hugs
- Nipple & Bottle Feeding Systems in the NICU
- Oral Feeding Your Baby in the NICU
- Breastfeeding General Information
- Collecting, Storing & Transporting Your Breast Milk
- Pumping Your Breast Milk
- Jaundice & Your Newborn
- Infectious Disease - Cocooning
- New England Newborn Screening Program: Answers for You and Your Baby
- Circumcision Information for Parents

Discharge Planning

- The Day Your Baby Goes Home from the NICU
- What to Expect: First Few Days Home
- Normal Elimination Patterns for Babies
- Going Home from the NICU Checklist
- Car seat safety
- Care seat sense
- Choosing a Pediatrician
- Scheduling a Follow-Up Appointment
- Bathing Your Baby
- Home Safety
- Smoke & Carbon Monoxide Detector
- Infant Crying & Soothing
- Protecting Your Baby from Infection & When to Call the Doctor
- Safe Sleep Environment
- Safe Sleep Information for Families
- Safety Tips for New Parents
- Taking Your Baby's Temperature
- Using a Bulb Syringe