

NICU Course Timeline (infants born at 34 weeks or later)

Baby's List

Parent's List

Depending on how young and how big your baby was at birth, s/he may spend the next few days to the next few weeks:

- learning to breastfeed and bottle feed
- stop having apnea spells
- move to a crib
- begin "Back-to-Sleep"
- baby eligible for Cuddling Program and LTL Learners

WELCOME TO THE NICU!

Car Seat Screen
Hearing Screen
CCHD Screen

CONGRATULATIONS AND ENJOY YOUR BABY!



- Ask about:
- welcome packet
 - parent ID badges
 - parking stickers
 - family resource room
 - NICU visiting policies for family and friends
 - last name last 4
 - MY NICU app

- Family Meeting/ Discharge Planning/Getting Ready to Bring Your Baby Home Class
- Meet Social Work
- Meet Lactation Consultant
- Meet with Case Management (help with insurance)

- Feeding discharge planning
- Bring in home feeding supplies
- Work towards all feeding by mouth

- Start to get your home ready for the baby
- Make follow-up appointments
- CPR class
- If applicable:
- bring in car seat for testing
 - ask about circumcision
 - get your prescriptions

- Make your pediatrician appointment
- Make sure your home is ready (i.e. breast pump, formula, diapers, etc.)
- Meet lactation consultant for discharge planning
- Bring your belongings home

- Review discharge instructions
- Review discharge summary
- Obtain written feeding plan
- Bring your remaining belongings home
- Sign discharge paperwork

34 weeks is around the earliest age when your baby may be developmentally ready to: (1) Learn to breastfeed and bottle feed (2) Stop having apnea spells (3) Control their own body temperature (i.e. move to a crib).

This timeline is intended to be a very rough guide of some of the events that may happen through out your stay in the NICU. It is not an all inclusive list and not all items may apply to your infant. The NICU team that is taking care of your baby is always available for any questions, concerns, and/or clarifications.