



## PREPARING FOR BABY TO COME HOME

### AT HOME:

- o A sign for house entrance reminding guests of NICU baby rules.
- o Calendar for your baby's upcoming doctor's appointments & share with helpers.
- o Create a space in the kitchen for baby items; bottles, pump parts, bibs, etc.
- o Deep clean your home.
- o Hand Sanitizer at house entrances & in different spots in the house.
- o If you have pets, have them sniff your baby's scent off a onesie before your baby gets home; so they're familiar with baby's scent.
- o If your home has two floors, have baby necessities on each floor; diapers, wipes, phone charger, etc.
- o Require all guests to thoroughly wash hands & take off shoes upon arrival.

### THINGS FOR YOUR BABY BEFORE DISCHARGE:

- o Baby Monitor.
- o Baby toiletries; gentle wash, diapers, diaper rash cream, wipes, lotion, nail file, etc.
- o Bottles & accessories, know how to sterilize & clean the bottles & breast pump parts.
- o Car seat.
- o Comfortable onesies, hats, bibs, washcloths, socks, hand mitts, etc.
- o Fan on low while baby is sleeping (circulating air may help prevent SIDS).
- o Humidifier.
- o Review & store Discharge Instructions.
- o Set up crib or bassinet in parent's room.
- o Sound machine / white noise maker (even a radio that can play a static station).

### THINGS FOR YOU:

- o Rest! It's hard, but try to rest up before your baby is discharged.
- o If you are nursing: Breast-feeding bras or hands-free pumping bra, washable breast pads, nipple cream.
- o Contact helpers for cooking, cleaning, errands.
- o Text or email potential visitors & remind them of your fragile baby's needs.
- o You can't take care of your baby if you're not taking care of yourself. Make sure you have your favorite foods, drinks, books and TV shows.
- o Join a support group either at the hospital or online. 'Preemie and NICU Family Support and Guidance on Facebook is a great resource for advice or just to vent.