The Road to Home
Planning for Your Baby’s Discharge from the NICU

1. **LEARN**
   - Family-centered care
   - Health care provider roles
   - Hand hygiene
   - Equipment

2. **LEARN**
   - Developmental care/participation
   - Baby’s temperature and the environment
   - Kangaroo/skin-to-skin care

3. **LEARN**
   - Baby’s cues
   - How to change diapers
   - How to care for cord

4. **LEARN**
   - Safe sleep
   - How to bathe baby

5. **LEARN**
   - Feeding techniques
   - About immunizations

6. **LEARN**
   - Medication info and administration
   - Care for specific medical needs

7. **LEARN**
   - Avoid crowds to prevent RSV
   - Signs of illness
   - Calming techniques

8. **TO DO**
   - Watch Shaken Baby video
   - Car seat test
   - Hearing test

9. **TO DO**
   - Review everything one more time with NICU staff
   - Independent care with rooming in option

10. **DISCHARGE AND HEAD HOME!**
    - Baby’s cues
    - How to change diapers
    - How to care for cord

**UNIT ORIENTATION**
- Baby care
- Diagnosis information
- Family participation
- Breastfeeding support
- Participation in rounds
- Social work

**LEARN**
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- Health care provider roles
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**TO DO**
- Begin search for pediatrician
- Review follow-up appointments
- Begin search for pediatrician
- Get home ready
- Have prescriptions filled
- Practice giving medicine
- Review follow-up appointments

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- How to change diapers
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