

It's so exciting to be getting ready to bring your new baby home. You've been planning for this day and it's finally here! It may be different than you expected; you may feel worried, a little nervous, or even a little scared. That's totally natural. Almost every new parent feels like this! We realize you may have a few more things to consider. Here's a list of questions and resources to help you get organized and feel more comfortable and confident as you head home.

BEFORE YOU LEAVE

This is a great time to practice your new skills. Ask the nurses if you can take over as much of your baby's care as possible so that you feel good about taking care of your baby's needs once you are home. It can feel scary giving medication, learning how to change bandages or tubing, or learning how to hold a tiny baby, so don't be afraid to ask. The nurses and other staff have many tips and tricks to share and want to help.

Ask:

Should my baby be seen in the NICU follow-up clinic?
If so, when?

Should my baby receive services from the Infant-Toddler Program ([NCITP](#))?

Should my baby be followed by Care Management for At-Risk Children ([CMARC](#))?

When should I follow-up with my pediatrician?

Do I need a developmental pediatrician?

Who is my case manager? How do I contact him/her?

Did my baby pass the Hearing Screening?

Are the results of the Newborn Metabolic Screen normal?

Did my baby receive any vaccinations in the hospital?

- Do I have the vaccination card?
- Are there any upcoming vaccinations due?

Are there any special things that I need to do to prepare our home before I bring my baby home?
If so, what?



Daily Life:

Does my baby need to take any medications at home?

- Create a list of which medication(s), how much, when, and how it is given.
- Have prescriptions already been ordered or do I need to submit them?
- Are they automatically refilled?

How often/how much should my baby eat?

- If I am not breast-feeding, what formula should I use?

Does my baby need vitamins or iron?

If yes, how much?

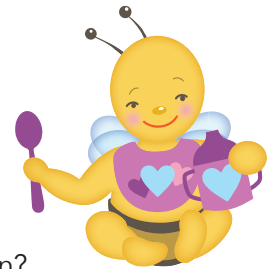
Iron _____ Vitamins _____

How should my baby be positioned when sleeping?

Is there anything special I need to do when I give my baby a bath?

Do I have a car seat for my baby?

- Have I learned how to install the car seat correctly?
- Have I learned how to position my baby properly in the car seat?



Some families who have a baby in the NICU may qualify for extra services through the following programs:

[Medicaid](#)

[Innovations Waiver program](#) (To learn more, [contact](#))

[Community Alternatives Program for Children \(Cap/C\)](#) (To learn more, [contact](#))

[Women, Infants, and Children \(WIC\) \(Prescreen Checklist\)](#)

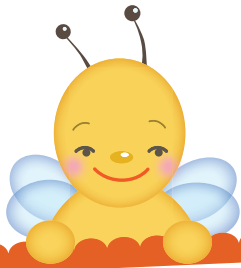
[NC Infant-Toddler Program](#)

Other Things to Consider

Did you know that if your child is coming home with medical equipment such as a ventilator, cardiac monitor, or oxygen, you can call your local utility companies and emergency services to make arrangements for priority care in case of emergencies? Just let them know you have a baby with medical needs in your home; you can ask your discharge nurse for more information. Often, they can give you a verification letter to send to the utility companies.

+ Find the closest children's hospital/ER so you know where to take your child in case of emergency. **+**

As you get home, it's easy for things to get lost with all of the new baby supplies and toys. One way to stay organized is to keep all of your baby's medical information together. Something like the [EarlySteps Record Keeping Toolkit](#) helps keep your baby's doctors, therapists, medical history, and other important information in one place and you can easily share it with any other parent/partner/caregiver.



Helpful Articles and Resources:

Find Support:

[Early Intervention: North Carolina Infant-Toddler Program](#)

[Exceptional Children's Assistance Center](#)

[Family Support Network of North Carolina](#)

[North Carolina Children and Youth with Special Healthcare Needs Help Line](#)

[Division of Child Development and Early Education Child Care Search](#)

[InsureKids](#)

[Disability Rights](#)

[Postpartum Support International NICU group](#)

[NICU Helping Hands](#)

[Project NICU](#)

[Hand to Hold](#)

Developmental Milestones:

[Learn the Signs. Act Early.](#)

[Mayo Clinic Premature Baby Information](#)

[Speech and Language Developmental Milestones](#)

[Baby Development | Baby Center](#)

[Complete Guide to Developmental Milestones - Child Mind Institute](#)

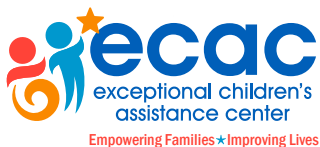
Parenting:

[Bringing Home Baby](#)

[Parent Favorites • ZERO TO THREE](#)

[Magic of Everyday Moments • ZERO TO THREE](#)

[Parenting Counts - Parenting Information You Can Trust](#)



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