

# Bringing Home Baby!



## Before Leaving the Hospital

*Questions to ask yourself:*

### Do I have a car seat?

- Can I install it correctly?
- Has the hospital done a car seat test?
- You can contact the local fire department for support with proper car seat installation

### Do I have everything I need to take care of my baby?

- diapers, wipes, clothes, formula, etc.

### Do I know how to safely bathe my baby?

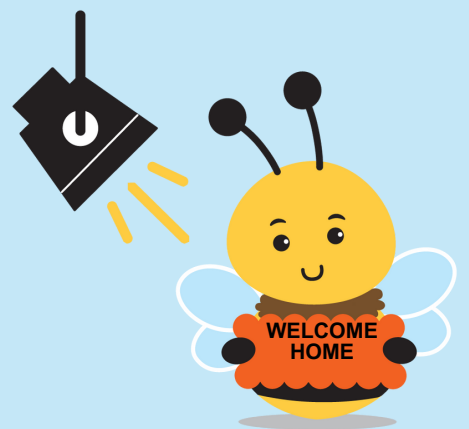
### Do I know about safe sleep practices?

### Should my baby receive services from the Infant-Toddler Program (ITP)?

Staff at the hospital can help you locate and find resources to provide necessities for the baby or apply for assistance with community organizations.

## Questions to Ask the Provider

- Do I need any special equipment for my baby?
- Should my baby be seen in the NICU follow-up clinic? If so, when?
- 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?
- Did my baby receive any vaccinations in the hospital?
- Are there any upcoming vaccinations due?
- Who is my case manager? How do I contact them?
- Did my baby pass the Hearing Screening?



## Services

Some families who have a baby in the NICU may qualify for extra services through the following programs: Medicaid, Community Alternatives Program for Children (CAP/C), Women, Infants, and Children (WIC), or NC Infant-Toddler Program. The hospital social worker or your pediatrician should be able to help support you in finding out more information.



## Medical Needs

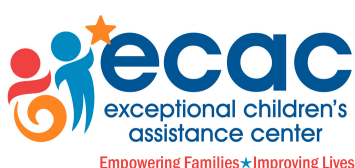
If your child is coming home with medical equipment such as a ventilator, cardiac monitor, or oxygen, you can call your local utility companies and emergency services to make arrangements for priority care in case of emergencies.

**TIP: Create a chart that includes all medications with dosage amount and time given to make going home easier**

**TIP: Know where the closest children's hospital/ER is located to take your child in case of emergency**

## Keeping Medical Records

Track developmental milestone checklists by downloading CDC's FREE Milestone Tracker app or find checklists at [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones). You can use the [EarlySteps Record Keeping Toolkit](#) or the [Care Notebook](#) to 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. These can be found on the ECAC website.



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NC DEPARTMENT OF  
**HEALTH AND HUMAN SERVICES**  
Division of Child and Family Well-Being  
NC Infant-Toddler Program (NC ITP)

<https://www.ncdhhs.gov/itp-beearly>

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