

Tips in the NICU

Hold baby skin to skin as much as possible. Can be done by parents, family and friends.

Ask for dim lights, muting of unnecessary beeping or loud sounds.

When you have to leave, put your milk on baby's sheets or their hat so they can smell it, leave behind a worn t-shirt near baby so they can smell you, ask for baby to sleep on their stomach when alone.

Find an IBCLC to support your feeding in and out of the hospital

Make sure you have plenty of water and healthy food. Take your pain medication on time if applicable.

When you get home from the NICU

Touch

Invest in a stretchy newborn wrap, and wear baby skin to skin as much as possible. Hold baby for naps. Hold baby as much as possible. Can be done by parents, family and friends.

Sleep

Set up a safe sleeping surface as close to you as possible where baby can hear your breathing and smell you. Look at side car infant beds like arms reach. Allow baby to sleep on cue, whenever they are tired. Find resources and support for normal infant sleep.

Feed

Feed baby on cue. Continue your support for an IBCLC if breastfeeding or body feeding. Learn paced bottle feeding if using a bottle.

Play

When baby is alert and awake, hold them close and speak to them, repeat their sounds, make faces, copy the faces they make. When they look away give them a break, they will look back when they are ready to talk again.

Environment

Use unscented products so baby can smell you, remove any artificial scents from the home.