

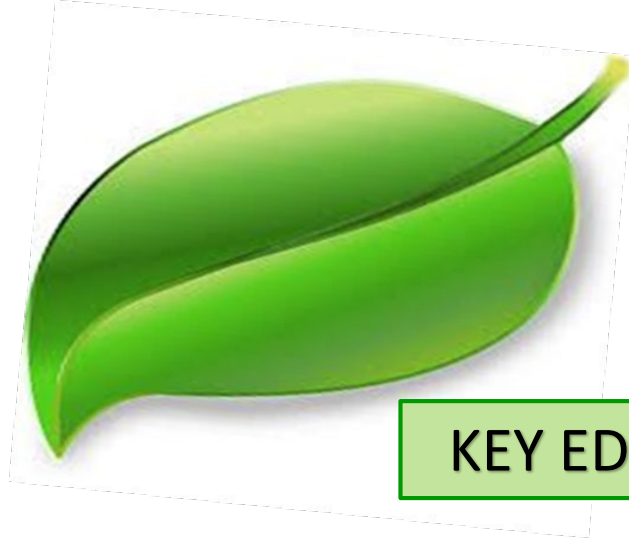


Journey to Home

Parent Education

COMFORTING ME

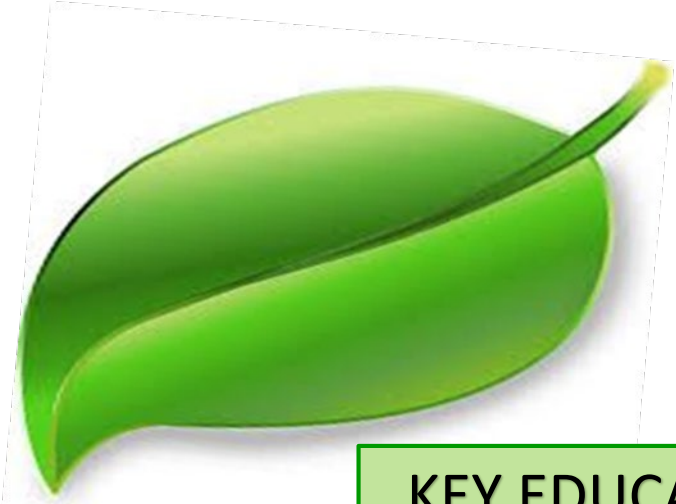




KANGAROO CARE (KC)

KEY EDUCATION POINTS:

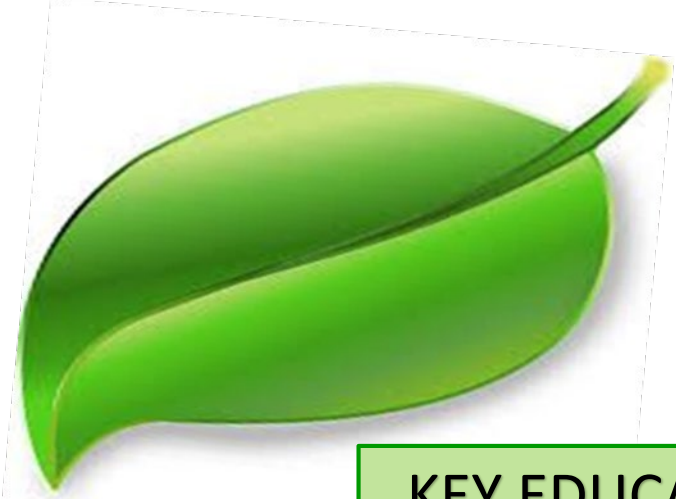
- CPAP and intubated babies need parent commitment for 1 hour
- Phototherapy limit to 1 hour 1-2 times a day
- No perfume or cigarette smoking



WELCOME VIDEOS

KEY EDUCATION POINTS:

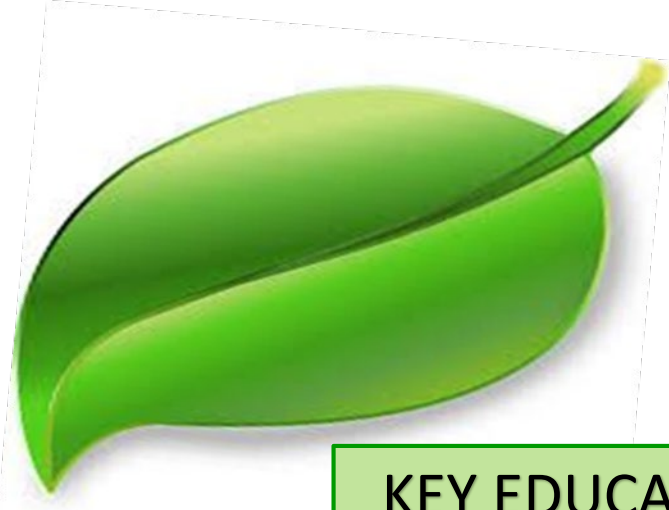
- Dial 4567 from hospital room phone
 - Follow prompts
- Enter 906# NICU Welcome and Safety
- Enter 1002# Time to First Pump



HOLDING

KEY EDUCATION POINTS:

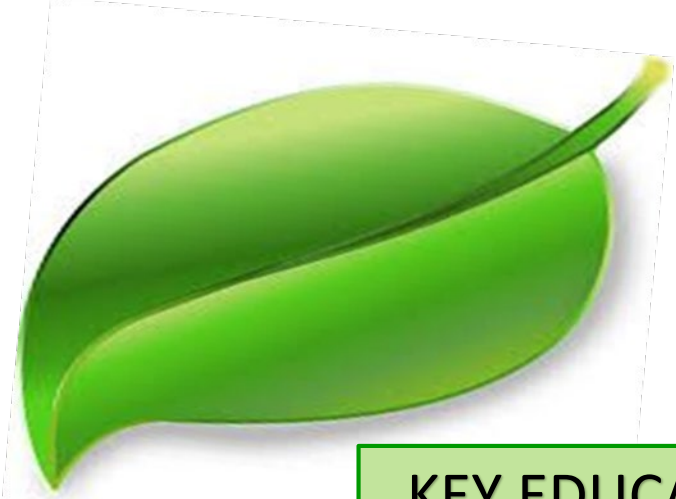
- AVOID using cell phone. This is a time to interact with your baby
- If adult holding feels fatigued or needs to use cell phone, return baby to crib



CALM/SOOTHE

KEY EDUCATION POINTS:

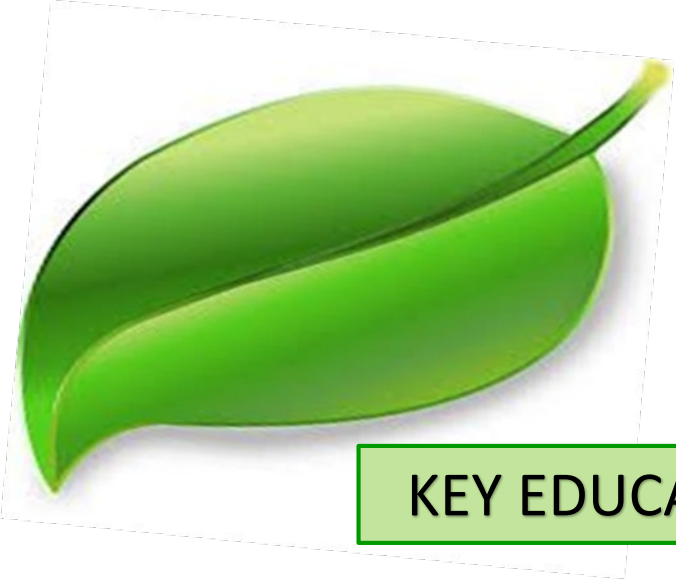
- Effects of stress including:
 - Inadequate brain development
 - Poor weight gain
 - Unstable vital signs
 - Developmental concerns: sensory issues, decreased pain control, increased levels of cortisol
 - Identify cues that indicate stress
- Keep environment stress free
 - Lights low
 - Decreased noise level
 - Limit cell phone use to picture taking only



SWADDLE

KEY EDUCATION POINTS:

- Blanket can not cover baby's head or mouth
- Position hands up to face
- Swaddle is snug but not restraining



BABY CUES

KEY EDUCATION POINTS:

- Interact cues:

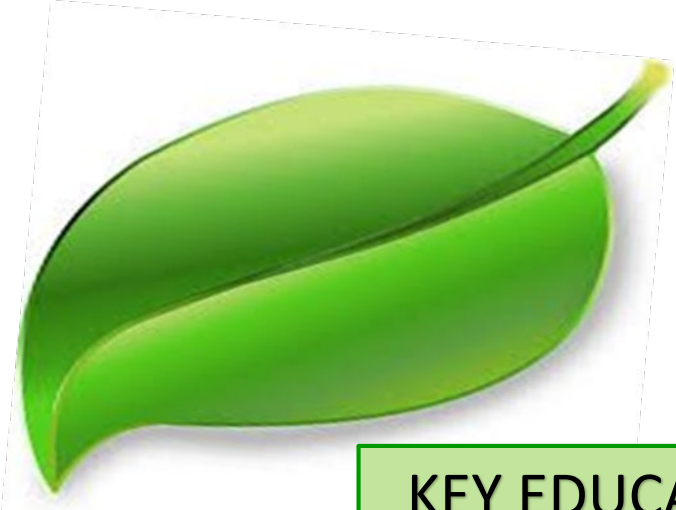
| | | |
|---------------------|-----------------|------------------|
| Calm & Alert | Grasps | Roots |
| Sucking | Eyes open | Smooth movements |
| Hands to mouth/face | Calm expression | Visually attends |

- Stress cues:

| | | |
|-------------------|-----------------|-----------------------------|
| Arching | Yawning | Tremors/Jittery Mvmts |
| Saluting | Color changes | Sneezing |
| Arm/Leg Extension | Crying | Hiccups |
| Gaze aversion | Flailing Mvmts | Gagging |
| Irritability | Finger splaying | Panicked/worried expression |

FEEDING ME

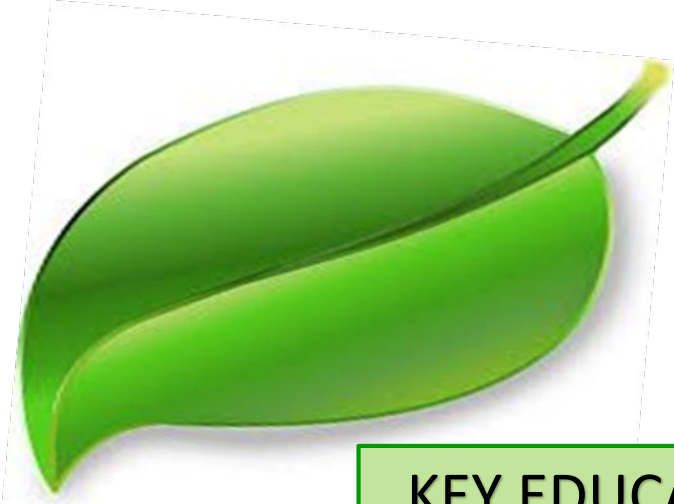




MOUTH CARE

KEY EDUCATION POINTS:

- Early exposure to EBM helps with infection prevention and improved feeding
- Use swab of colostrum or EBM for oral care



BREAST PUMP & BREAST MILK STORAGE

KEY EDUCATION POINTS:

BREAST PUMP

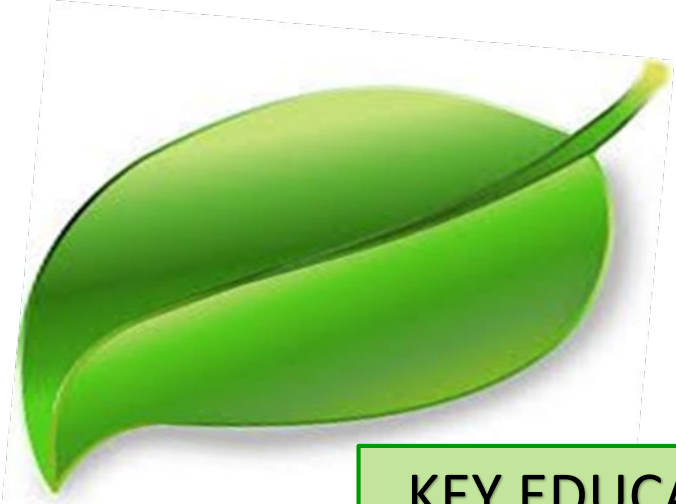
- Do not store milk in the door of the fridge or freezer
- Thaw milk by placing it in a bowl of warm (not hot) water
- Once thawed milk is good for 24 hours
- Do not microwave milk to thaw or heat
- Discard milk one hour after feeding begins (do not reuse)
- Pump supplies should be sterilized every 24 hours
- Sterilizing bags and microwave are available for your use in the NICU lactation room
- Assure 24 hours of fresh milk is available in NICU for feeds when supply allows
- Lactation will be consulted if supply is low

BREAST MILK STORAGE

- Room temperature for 4 hours
- Refrigerator for 4 days
- Freeze milk if not used within 4 days
- Freezer compartment of refrigerator 3 months. Chest or upright deep freezer 6 months
- Do not use EBM if you have smoked THC in past week or eaten THC in past 2-3 weeks before pumping
- Limit alcohol use. Do not use EBM if you feel the effects of alcohol while you are pumping.
- Do not use illicit drugs.

BREAST PUMP

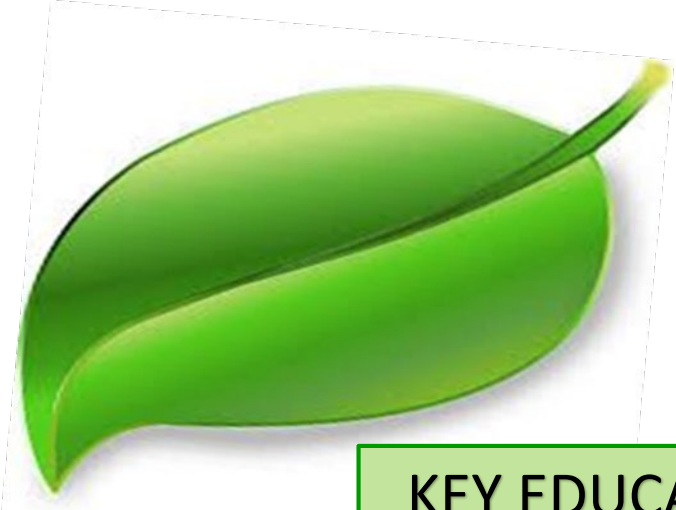
- Use initiation mode until pumping 20 ml of milk three consecutive pumps
- Label milk with date and time pumped
- Track milk volumes and reports to nurse every 24 hours
- Combine milk from both breasts into one bottle
- Fill bottles no more than $\frac{3}{4}$ full if freezing, as milk expands when frozen



NON-NUTRITIVE SUCK (NNS)

KEY EDUCATION POINTS:

- Pacifiers & NNS improve feeding in the future.
- Using pacifier during gavage feeds strengthens the associate of sucking and feeding.
- Pacifiers are appropriate to use in the NICU to improve suck strength and assist with calming.
- NNS at breast (as well as KC) increases mom's milk supply
- Avoid putting pacifier in baby's mouth –instead, place it near the mouth and wait for baby to open and accept the nipple.
- If OK with nurse, you can place drops of your milk on the pacifier to stimulate baby's taste receptors.



INFANT DRIVEN FEEDING (IDF)

KEY EDUCATION POINTS:

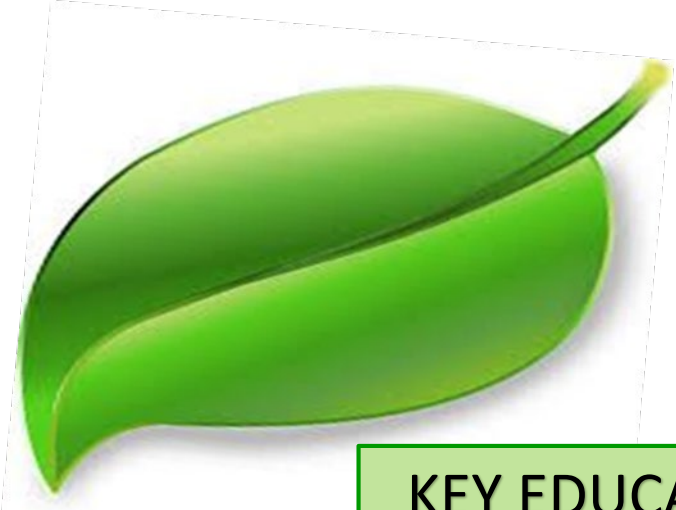
- Parent must be here for at least 3 feedings to do protected breastfeeding
- Parent can do protected breastfeeding for 1-3 days depending on preference



BREASTFEEDING

KEY EDUCATION POINTS:

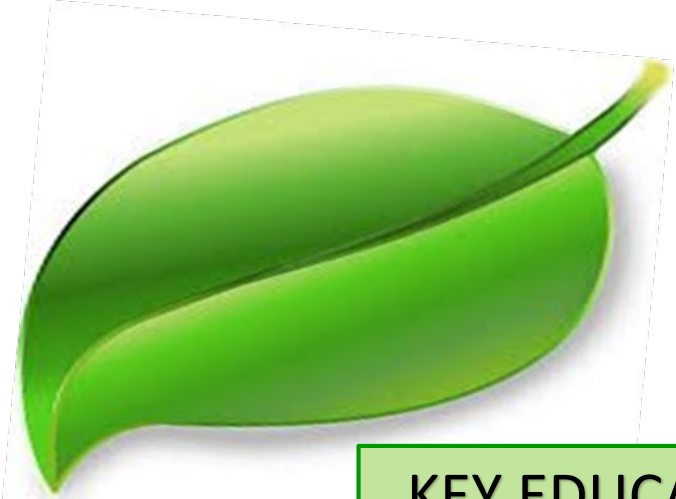
- Benefits of direct breastfeeding:
 - Less work for tired moms
 - Bonding
 - Lower risk for milk contamination
 - Better neuro development
 - Better visual-motor skills
 - Decreased upper airway & ear infections
 - Milk self-customization due to the saliva/milk interaction
 - Infant learns to self-regulate intake & decreases risk for an elevated BMI
- 8 or more pumps and or breast feeds in 24 hours with one session between midnight and 6 am as prolactin levels are higher at that time
- Ask to see Lactation for questions or concerns



BOTTLE FEEDING

KEY EDUCATION POINTS:

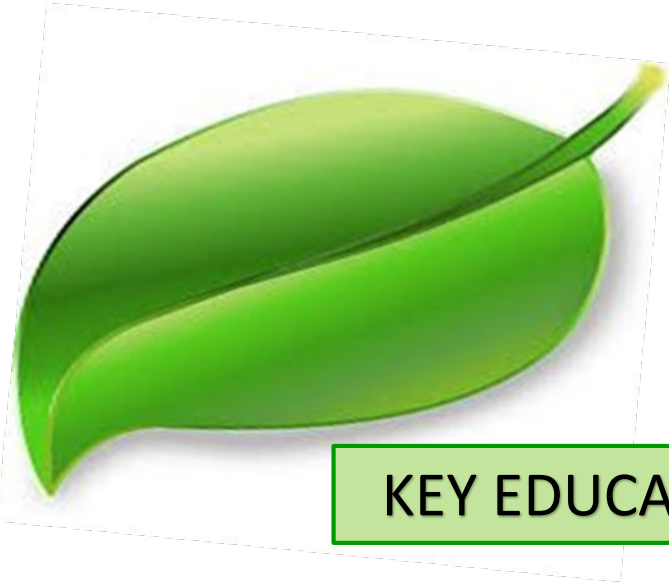
- Feed in side lying position for safety
- Pacing needed when baby has a panicked look, dribbles, gulps, desaturates, or drops heartrate.
- Stop cues include: falling asleep, loss of tone, no rooting, no sucking, stress signs, 2 or more bradycardias
- Avoid putting bottle or pacifier in baby's mouth –instead, wait for baby to open and accept the nipple.
- Do not twist, turn, or pump nipple to increase suck.



HOME BOTTLE

KEY EDUCATION POINTS:

- Bring in home bottle when baby has been taking 60% of their feeds by breast or bottle
- Have all parts sterilized before using
- Utilize sterilization bag every 24 hours



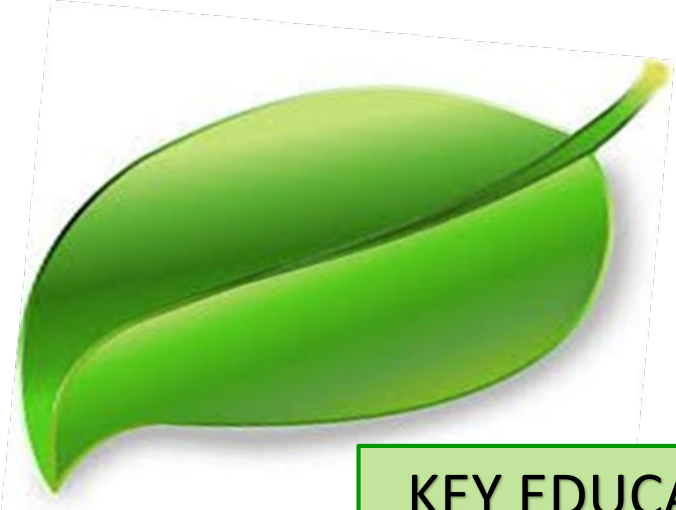
MILK PREP

KEY EDUCATION POINTS:

- Follow instructions on recipe given by health care provider
- Once mixed, the formula is good for 24 hours

MY BASIC CARE

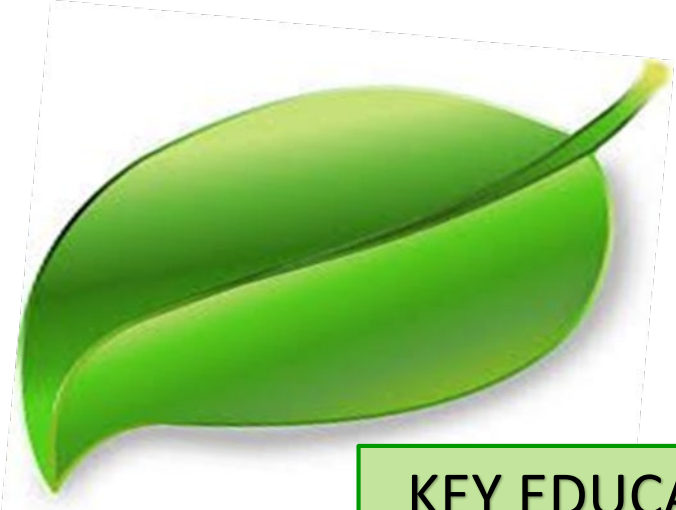




DIAPERING

KEY EDUCATION POINTS:

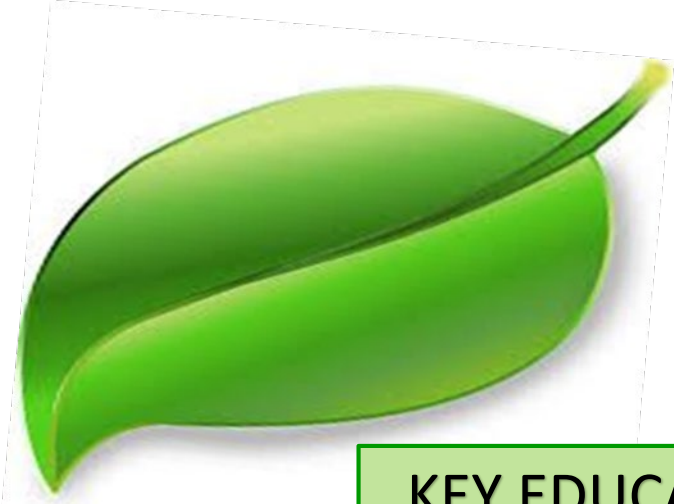
- Offer pacifier with hands swaddled to face
- Pat, do not scrub, soiled area
- Use skin barrier if needed
- Keep umbilical cord above diaper



TAKING TEMPERATURE

KEY EDUCATION POINTS:

- Take axillary temps unless advised by Pediatrician
- 97.5-100.4 degrees is acceptable.
- Keep body contained by keeping arms tucked to body
- Contact pediatrician with any concerns or worries about baby's temperature



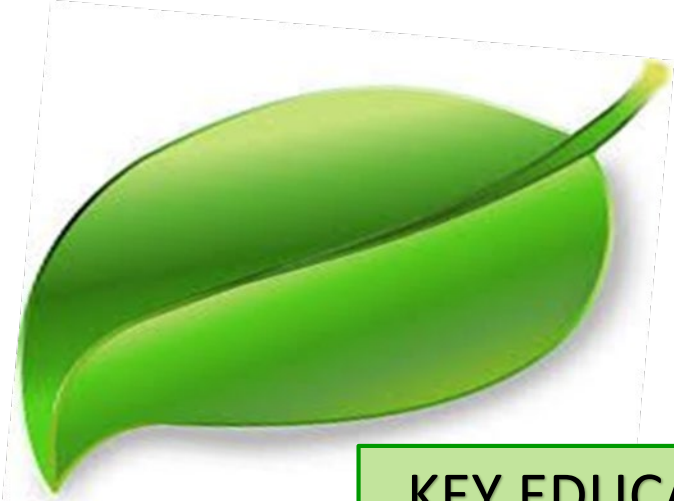
SPONGE BATH

KEY EDUCATION POINTS:

- Give baths every three days or when visibly soiled
- Do not leave baby unattended in water, babies can drown in an inch of water
- Test water temperature with elbow or wrist temps 99-104 degrees F
- Bathe baby before feeding to decrease risk of spitting up
- Babies can become cold quickly so work quickly but safely in draft free area
- Never insert a cotton swab in a baby's ear or nose
- Use of creams without perfumes for dry skin
- Avoid face and hands as cream could be ingested.
- **Avoid using powders**

PROCEDURE:

- Gather all supplies needed for bath before bath is started
- Start with the face and eyes using warm water and a washcloth
- Wipe from the inner eye to the outer eye and then repeat with a clean edge of the washcloth on the other eye
- Clean arms, chest, legs and then wash the groin area last
- Wash groin area from front to back
- Wash hair last
- Rinse with clean warm water
- Dry and dress baby



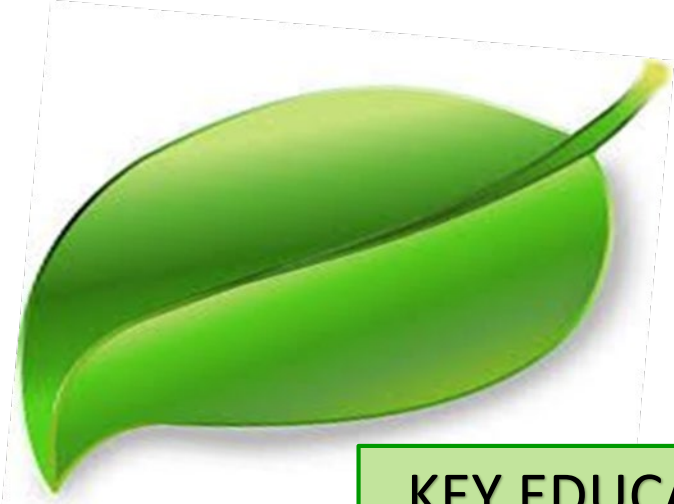
SWADDLE BATH

KEY EDUCATION POINTS:

- Offered by Nurse or Physical Therapist when baby is 29 weeks gestation or 1 week of life, free from IVs.
- Schedule your day of the week you would like to be in for swaddle bath
- Benefits of swaddle bath
 - Better temperature regulation
 - Decreased stress & crying
 - Better energy conservation
 - Positive experience for baby and mom
- Supplies needed: swaddle tub/hammock, pitcher of warm water, gauze pads, soap, new chest leads.
- Can modify swaddle at home with regular basin and gauze blanket

PROCEDURE:

- Gather all supplies needed for bath before bath is started
- Swaddle baby in blanket
- Start with the face and eyes using warm water and gauze
- Wipe from the inner eye to the outer eye and then repeat with new gauze on the other eye
- Clean limbs one at a time, keeping other limbs swaddled.
- Wash chest, then back, removing leads as you go
- Wash groin area last from front to back
- Wash hair last & rinse with clean warm water from the pitcher
- Dry and dress baby after nurse applies leads and pulse ox probe



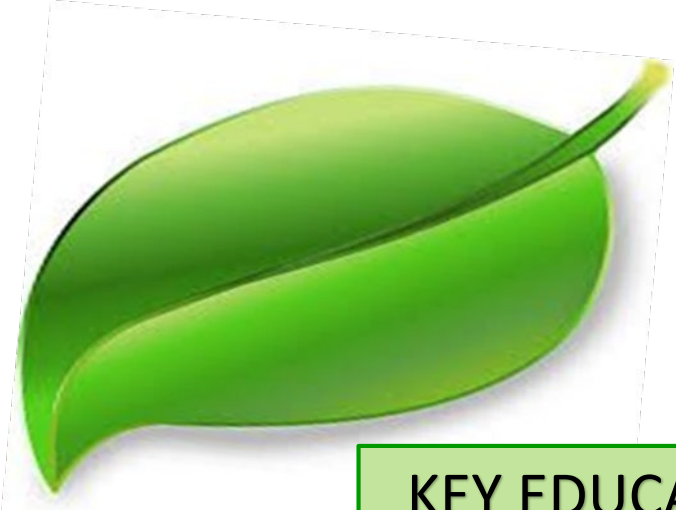
BULB SUCTION

KEY EDUCATION POINTS:

- Use to remove fluid from baby's mouth or nose
- Discard bulb syringe if used when baby was sick with respiratory infection and obtain new one

PROCEDURE:

- Suction mouth first then nose to prevent choking from fluid in the mouth
- Swaddle baby in blanket
- Squeeze the bulb syringe before inserting it into the mouth or nose to create a vacuum
- Place bulb syringe in anterior mouth or tip of nose and release the bulb to suction out fluid if visualized
- Remove bulb syringe from mouth or nose and squeeze the bulb onto a tissue to expel the fluid
- Wipe the bulb syringe and repeat if needed
- Clean by squeezing and releasing in warm soapy water



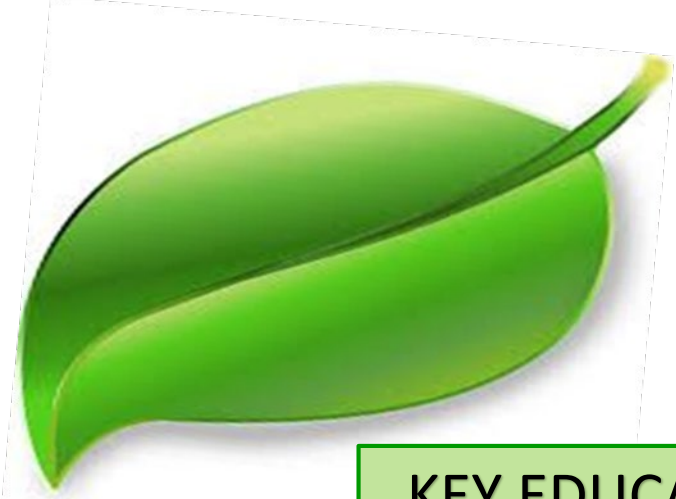
CIRCUMCISION CARE

KEY EDUCATION POINTS:

- Place a nickel size amount of Vaseline or A & D ointment on the penis with each diaper change until the area appears healed
- Sponge bathe until circumcision is healed
- Notify pediatrician with signs of infection, redness swelling drainage

FLYING HOME





HOME SETTING

KEY EDUCATION POINTS:

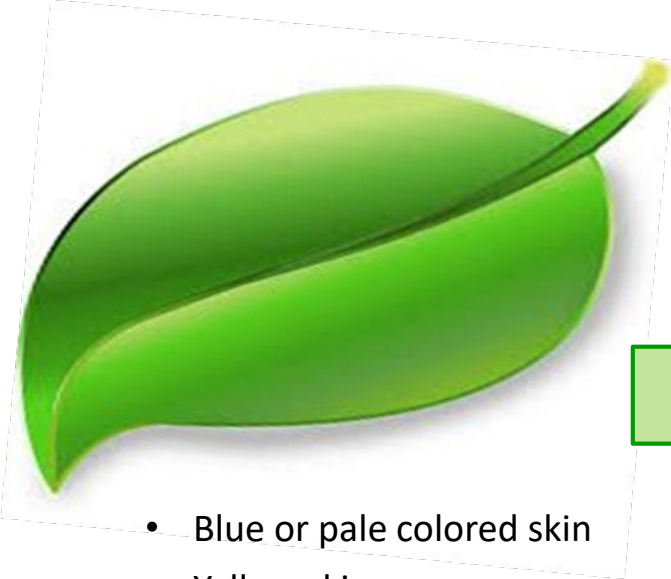
- Keep temperature of house between 68-72 degrees
- Avoid window air conditioners in rooms where the baby will be because temperature cannot be regulated. Do not place baby near vents
- Dress baby in one layer more than you are wearing



SAFE SLEEP

KEY EDUCATION POINTS:

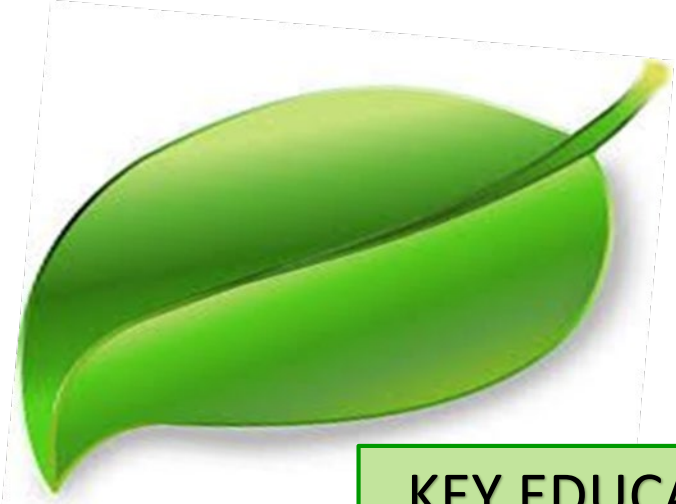
- Keep your baby close but in a separate sleeping space. It is unsafe for your baby to sleep in your bed, on a couch or in a chair.
- Your baby should sleep on their back in a safety-approved crib on a firm mattress every time they sleep, including naps. Never put a baby on its stomach to sleep
- Remove all loose bedding, comforters, quilts, sheepskins, stuffed animals, bumpers and pillows from your baby's crib
- Do not swaddle too tightly
- Sleep sacks and footed pajamas are recommended instead of blankets in a crib as blankets can come unwrapped and cover your babies face causing suffocation
- Once a baby can roll over do not swaddle anymore
- Provide a safe sleeping location
- Removal of all positioners and Lovies when appropriate in NICU
- Review American Academy of Pediatrics recommendation



WHEN TO CALL THE DOCTOR

KEY EDUCATION POINTS:

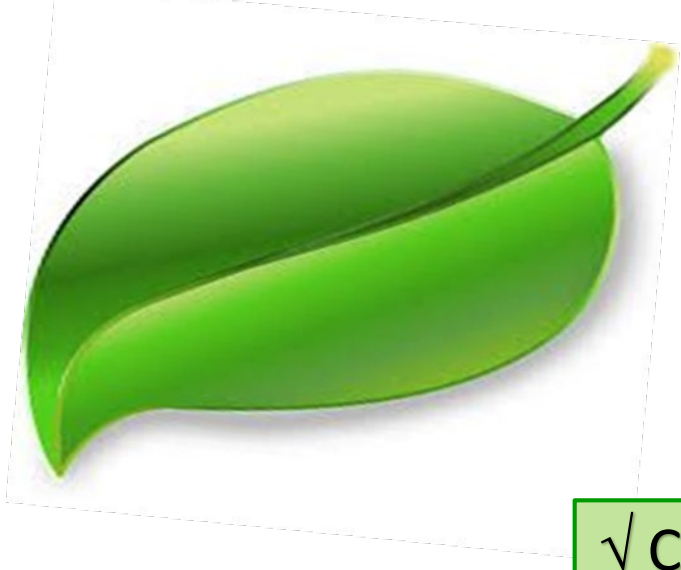
- Blue or pale colored skin
- Yellow skin or eyes
- Patches of white found in your baby's mouth (possible yeast infection)
- Baby is eating poorly or refusing to eat
- No stool for 48 hours and less than 6 wet diapers in 24 hours
- Redness, drainage or foul odor from umbilical cord
- Temperature of greater than 100.4 or less than 97.7 taken under the armpit
- Difficulty breathing
- Repeated vomiting (green or bright yellow) or several refused feedings in a row
- Your baby is hard to wake up after 3-4 hours of sleep
- Crying excessively with no known cause or high pitched cry
- An unusual or severe rash
- Signs of dehydration (no wet diapers, dry and cracked lips, sunken eyes, increased sleepiness)
- Diarrhea (excess fluid, mucus or foul odor, watery stools).
- Circumcision is bleeding and it will not stop after applying a cool compress with gentle pressure.
- Signs of infection: fever, irritability (crying and cannot be consoled) or lethargy (difficult to awaken, even for feedings). More localized infections can result in discharge, redness, swelling or unusual odor from the eyes, umbilical cord or circumcision site.
- Unusual shakiness, sweating, flushed skin, seizures. A seizure is jerking movement that will not stop when you place your hands on the jerking area. Some tremors are normal in the newborn period



CAR SEAT SAFETY

KEY EDUCATION POINTS:

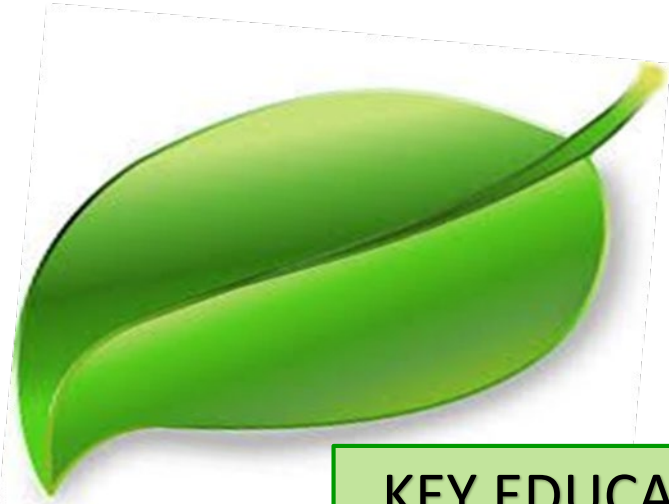
- The American Academy of Pediatrics (AAP) recommends that infants ride in a rear facing child safety seat for at least 2 years. Never place a rear facing car seat in the front seat.
- As a general rule, bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.
- In event of a car crash, fluffy padding immediately flattens out from the force, leaving extra space under the harness. A child can then slip through the straps and be thrown from the seat.
- Newborn less than 5 pounds requires a 4 pound car seat and up
- Purchase a safe, appropriate and unexpired carseat and bring to the NICU the day before going home.
- Car seat straps should be positioned slightly below the baby's shoulders so that the strap comes over the shoulder.
- Harness clip is positioned at baby's armpit/nipple line.



MEDICATIONS

✓ CHECK OFF REQUIREMENTS:

- Ensure all prescriptions are filled before the baby goes home.



HOME FEEDING PREP

KEY EDUCATION POINTS:

- Wash your hands with soap and water for 20 seconds and clean all bottles for storing formula
- Clean countertop
- Check the expiration date on the can, it is good for one month after it is opened
- Before opening can, wash the top of container to remove potential germs from lid
- Boil all non-sterile water including nursery, tap, filtered and bottled water for one minute and then cool to room temperature to m when making formula. **Do not use distilled water**
- Boil water until infant is 2-3 months corrected age due to immune compromise

DISCHARGE VIDEOS

KEY EDUCATION POINTS:

SHAKEN BABY

- Never shake or toss your baby into the air. This can cause brain damage, blindness or even death. Always protect your baby's head from any jerking movements.
- If you become frustrated: take a breath, close your eyes and count to 10, put the baby down in their crib and walk away for a few minutes to gain composure, ask a friend or family member to take over for a while so you can have a break, do not pick up baby until you feel calm
- View Shaking baby video from Newborn Channel in NICU prior to discharge

CPR

- There are local education classes available in your community
- View CPR video on Newborn channel in NICU

