

# NICU Course Timeline (infants born at 34 weeks or later)

Baby's List

Parent's List

Depending on how young and how big your baby was at birth, s/he may spend the next few days to the next few weeks:

- learning to breastfeed and bottle feed
- stop having apnea spells
- move to a crib
- begin "Back-to-Sleep"
- Baby eligible for cuddling program and lullabies for little ones.

WELCOME TO THE NICU!

Car Seat Screen/Test  
Hearing Screen  
Vaccines

CONGRATULATIONS AND ENJOY YOUR BABY!



NICU staff is available 24 hours a day. Ask the front desk about:

- welcome packet
- parent ID badges
- parking stickers
- family resource room
- NICU visiting policies for family and friends

Family Meeting/  
Discharge Planning

Meet Social Work

Meet Lactation Consultant

Meet with Case Management (help with insurance)

Feeding discharge planning

Bring in home feeding supplies

Work towards all feeding by mouth

Start to get your home ready for the baby

Make follow-up appointments

CPR class

If applicable:

- ask about circumcision
- get your prescriptions
- meet again with Case Management
- Bring in car seat for testing

Make your pediatrician appointment

Make sure your home is ready (i.e. breast pump, formula, diapers, etc.)

Obtain written feeding plan

Meet lactation consultant for discharge planning

34 weeks is around the earliest age when your baby may be developmentally ready to: (1) Learn to breastfeed and bottle feed (2) Stop having apnea spells (3) Control their own body temperature (i.e. move to a crib).

This timeline is intended to be a very rough guide of some of the events that may happen through out your stay in the NICU. It is not an all inclusive list and not all items may apply to your infant. The NICU team that is taking care of your baby is always available for any questions, concerns, and/or clarifications.