

# Getting Ready to Take Your Baby Home

## Car Seats

Many NICU babies need a car seat test before going home. Bring your car seat early so it is ready in baby's room when needed. Car seat tests should be done before going home day. This is done to monitor their heart rate and oxygen levels.

Babies needing Car seat test are:

- All babies born less than 37 weeks
- All babies born less than 2500 grams
- Babies that go home on oxygen or have other airway problems

Nothing should be added to your car seat, between your baby and the straps that did not come crash tested with your seat. Ask to talk to one of our Certified Car Seat Technicians if you have questions. Call the SFCH Safety Store at 319-356-3543 to schedule a car seat install.

## Caring for Baby

Your nurses will talk with you about caring for your baby. When you feel comfortable, you can do your baby's cares. If you have questions, please ask your nurse. Learning what you will do at home can start early. Just ask your nurse to help you get started.

Some babies need special milk recipes or special equipment and supplies. The NICU Care Coordination Nurse or Social Worker will help arrange this for your family. Talk with your baby's nurse, NICU Dietitian, Nurse Care Coordinator, or care team if you have questions. Lactation consultants are also available.

## Watch "Period of Purple Crying," "Safe Sleep," and "Infant CPR Anytime" Videos

These videos are on the screen in your baby's room. Your nurse can get an iPad for viewing too.

Ask your nurse for the CPR Anytime Kit if you did not get it. You can watch and practice on the baby mannequin. Keep the kit. Take it home so other family to learn how to do Infant CPR and what to do if a baby chokes.

## Choose a Primary Care Provider

Sign a Release of Information before going home. Then the NICU can send medical records to this provider before your first visit. The care team will tell you when to make an appointment.

If you have questions about taking your baby home, please ask the care team. They want to be sure all your questions are answered.