



When it is time to take your baby home from the hospital, you will plan with the hospital staff. If your baby does not have a pediatric health care provider, you will choose one for your baby's health care.

The pediatric health care provider and /or the nurses in the hospital will work with you to find ways to comfort and settle your baby. Learning what works best for your baby will help you feel comfortable and confident to care for your baby at home. The nurses or lactation counselor will help you with breastfeeding.



Once home, your baby will need a calm, quiet, gentle environment. You may want to limit the number of visitors or give friends and family a specific time to visit and keep visits short.

Leaving the Hospital Checklist

Use this checklist to help you get ready to leave the hospital and take care of your baby at home. If you are unsure of any of the items, talk with your hospital nurse.

In the hospital:	At home:	Follow-up plans:
<input type="checkbox"/> I know cues that show when my baby is hungry.	<input type="checkbox"/> I know what I need to do to take care of my baby every day.	<input type="checkbox"/> I have transportation for my baby's doctor appointments.
<input type="checkbox"/> I feel confident feeding my baby.	<input type="checkbox"/> I have help and support.	<input type="checkbox"/> I have a car seat for my baby and know how to use it correctly.
<input type="checkbox"/> I know how to respond to my baby's needs.	<input type="checkbox"/> I can keep my home quiet and calm for my baby.	<input type="checkbox"/> I know how to reach my nurse home visitor.
<input type="checkbox"/> I feel a bond with my baby.	<input type="checkbox"/> My baby has a safe place to sleep.	<input type="checkbox"/> I know what and how to share my baby's health information with my baby's care team.
	<input type="checkbox"/> My baby has a smoke-free home and car.	
	<input type="checkbox"/> If my baby takes medicines, I know how to give them, and I have a safe place to store them.	
	<input type="checkbox"/> I know what warning signs to look for in my baby and who to call for help.	

How to manage the symptoms your baby may have at home:

Place an “X” in the My Baby column if you have noticed the symptom and select ideas to manage the symptom, adding your own ideas if they are not already listed.

My Baby	Symptoms	Ideas
	Prolonged crying	<input type="checkbox"/> Hold baby close to your body <input type="checkbox"/> Wrap in a soft blanket <input type="checkbox"/> Offer skin to skin contact <input type="checkbox"/> Reduce loud noises and bright lights <input type="checkbox"/> Avoid excessive handling <input type="checkbox"/> Massage baby <input type="checkbox"/> Touch your baby if it soothes him/her <input type="checkbox"/> Other ideas: _____
	Sleeplessness	<input type="checkbox"/> Reduce loud noises and bright lights <input type="checkbox"/> Avoid patting or touching your baby too much <input type="checkbox"/> Play soft, gentle music <input type="checkbox"/> Rock your baby <input type="checkbox"/> Offer a clean diaper and a dry bottom. <input type="checkbox"/> Feed your baby if he/she seems hungry <input type="checkbox"/> Other ideas: _____
	Excessive sucking of fists	<input type="checkbox"/> Cover baby’s hands with gloves or mittens if his/her skin becomes damaged <input type="checkbox"/> Keep damaged skin clean with baby soap and water <input type="checkbox"/> Avoid lotions and creams as your baby may suck them <input type="checkbox"/> Offer a pacifier <input type="checkbox"/> Other ideas: _____

My Baby	Symptoms	Ideas
	Difficult or poor feeding	<input type="checkbox"/> Feed in a calm, quiet, and low-lit room <input type="checkbox"/> Offer smaller feeds more often <input type="checkbox"/> Keep baby in a well-supported semi-sitting position <input type="checkbox"/> If bottle feeding, use a slow nipple <input type="checkbox"/> Feed baby slowly, allowing time for resting between sucking intervals. <input type="checkbox"/> Other ideas: _____
	Regurgitation and/or vomiting	<input type="checkbox"/> Burp baby several times during and again after each feeding <input type="checkbox"/> Support baby's cheeks and lower jaw to enhance sucking and swallowing efforts <input type="checkbox"/> Only put baby to sleep on his/her back without bumper pads, toys, blankets in the crib for safe sleep <input type="checkbox"/> Other ideas: _____
	Diarrhea	<input type="checkbox"/> Promptly change soiled diapers <input type="checkbox"/> Clean baby's bottom with warm water and apply a barrier cream <input type="checkbox"/> Other ideas: _____
	Yawning, Sneezing, stuffy nose, breathing problems	<input type="checkbox"/> Keep baby's nose and mouth clean <input type="checkbox"/> Avoid overdressing or wrapping baby too tightly <input type="checkbox"/> If breathing difficulties occur, contact your baby's health care provider or take your baby to the Emergency Department or Urgent Care. If you do not have transportation, call 911 <input type="checkbox"/> Other ideas: _____

My Baby	Symptoms	Ideas
	Trembling	<input type="checkbox"/> Keep baby in a quiet, calm room with low lighting <input type="checkbox"/> Avoid excessive handling <input type="checkbox"/> Other ideas: _____
	Sweating, Fever, Unstable temperature	<input type="checkbox"/> Keep clothing to a minimum <input type="checkbox"/> Avoid excessive blankets <input type="checkbox"/> Place baby in a cool room <input type="checkbox"/> If you use a fan, don't have it blow directly on baby and remember that baby is very sensitive to sounds and a lot of movements <input type="checkbox"/> Take baby's temperature <input type="checkbox"/> Seek medical advice if your baby has a fever (temperature over 99°F) for more than four hours, or if other symptoms develop <input type="checkbox"/> Other ideas: _____
	Hyperactivity/ fussiness	<input type="checkbox"/> Use soft, non-scratchy blankets (e.g. flannel) <input type="checkbox"/> Speak softly to baby <input type="checkbox"/> Play soft, soothing music <input type="checkbox"/> Avoid bright lights and lots of movement in the rooms <input type="checkbox"/> Dress baby in soft, comfortable clothing <input type="checkbox"/> Other ideas: _____

Call your baby's health care provider if baby is not eating, has a temperature, has a lot of diarrhea or vomiting and any time you feel like things are not right or you have questions.