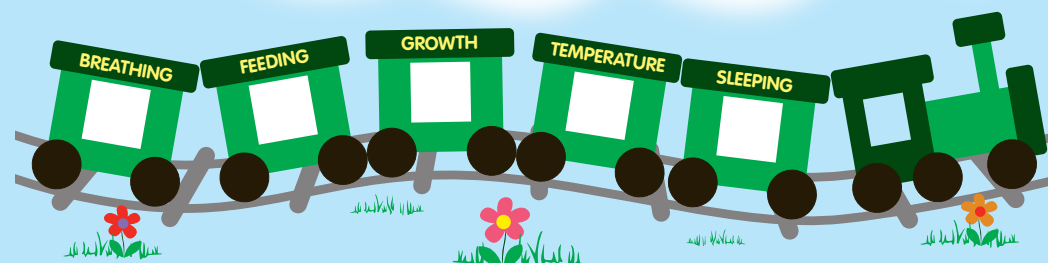


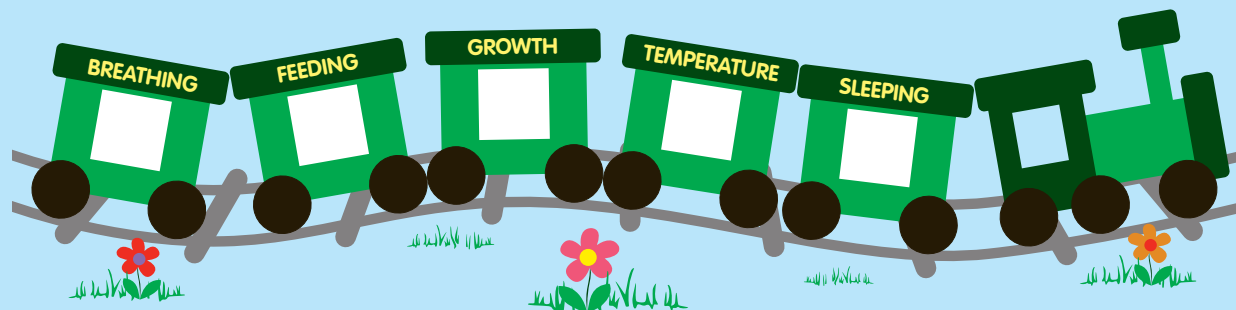
Parent Train-to-Home leaflet

These are some questions to ask the staff to help you to understand your baby's progress and needs.



	BREATHING	FEEDING	GROWTH	TEMPERATURE	SLEEPING	How can I help?
WEEK 1	<p>Does my baby need help with breathing? How can I tell?</p> <p>Why does my baby need to be closely monitored in the first 24 hours?</p> <p>What are desats, bradys, apnoeas? (sometimes called ABCs)</p> <p>Does my baby have an infection?</p> <p>How can I help my baby with breathing?</p> <p>How can I tell when my baby's breathing is getting better?</p>	<p>Is my baby's blood sugar ok?</p> <p>How many times should I feed my baby each day?</p> <p>What are the advantages of breast milk? How can I express my milk? How and where do I store my milk?</p> <p>Why is my baby fed through a tube?</p> <p>Have I seen a breastfeeding advisor yet?</p> <p>How long can I have my baby out for a kangaroo care cuddle?</p> <p>Has my baby had a test for jaundice? What is jaundice? How long will it last and how is it treated?</p>	<p>How can I be sure of my baby's gestational assessment?</p> <p>When will my baby be weighed and measured? Can I see my baby's growth chart?</p> <p>How often will my baby be weighed?</p> <p>Why will my baby's weight go down before it goes up?</p> <p>Why is head circumference important?</p> <p>How can I help my baby's growth?</p>	<p>Mum and Dad – have you both had a cuddle with your baby?</p> <p>What about skin-to-skin/ kangaroo care? How do I know my baby is warm enough?</p> <p>Is my baby warm enough under phototherapy lights?</p> <p>Why is my baby vulnerable to infection?</p> <p>What can I do to keep my baby warm?</p>	<p>What position should my baby sleep in?</p> <p>How will I know that my baby is waking for a feed?</p> <p>Why does my baby sleep a lot of the time? Why does my baby not know day and night?</p> <p>Why do the staff disturb my baby when they are sleeping?</p> <p>How can I help my baby to sleep?</p> <p>Will holding my baby in kangaroo care help my baby to sleep?</p>	

34-36 WEEKS GESTATION



	BREATHING	FEEDING	GROWTH	TEMPERATURE	SLEEPING	How can I help?
WEEK 2 ONWARDS	<p>How will I know if my baby is poorly at home? For example coughs, colds.</p> <p>Should I have resuscitation training?</p>	<p>How am I doing with expressing my milk and tube feeding? Will kangaroo positioning help?</p> <p>Why do I need to top up my baby's feeds when I am breastfeeding?</p> <p>What is the longest period of time I should let my baby go without a feed?</p> <p>What happens if I want to breastfeed but cannot be here? What is cup feeding?</p> <p>Have I seen the breastfeeding advisor again? Should I have a feeding plan at home?</p> <p>Should I continue Kangaroo care at home?</p> <p>How will I know the jaundice has gone?</p>	<p>Do we have 'weigh days'?</p> <p>Have I been shown my baby's Red Book?</p> <p>When should I see my Health Visitor?</p>	<p>How do I tell if my baby is too hot or cold? Why should I feel the temperature by their chest, not their hands or feet?</p> <p>How do I keep my baby warm at home? Ask about clothes, blankets, room temperature and going out.</p> <p>When my baby goes home should they wear a hat?</p> <p>What can I do at home to help prevent my baby getting an infection?</p> <p>How will I know if my baby is unwell at home?</p>	<p>How do I know when my baby needs to sleep? Does my baby have a sleep cycle and what does it mean? How long should my baby sleep for?</p> <p>Why should my baby only sleep on the back?</p> <p>Why should my baby be positioned 'feet-to-foot' when in a cot?</p> <p>When my baby comes home, can they share my bedroom? What about my bed?</p> <p>What if I smoke? Is there a leaflet to take home?</p> <p>Can I read a bedtime story to my baby?</p>	