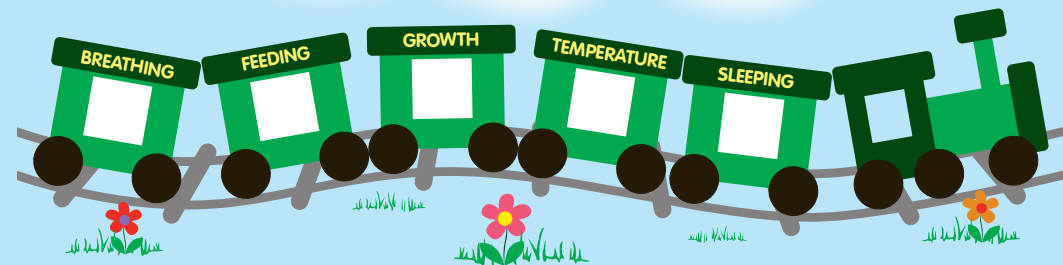


31-33 WEEKS GESTATION

Parent Train-to-Home leaflet

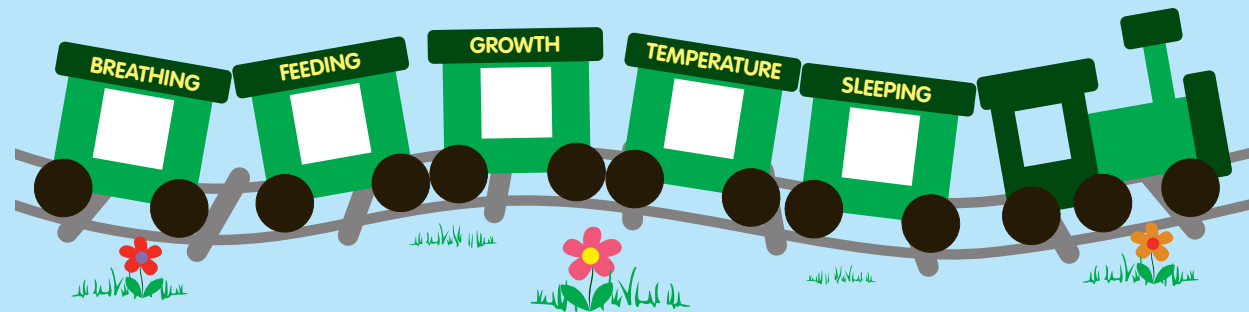
These are some questions to ask the staff to help you to understand your baby's progress and needs.

Baby's name



	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>What are desat's, brady's, and apnoeas? (sometimes called ABC's)</p> <p>How can I help my baby with breathing?</p> <p>What position makes my baby's breathing easiest and why?</p> <p>How can I tell when my baby's breathing is getting better?</p>	<p>How can I feed my baby? What happens if my baby cannot have milk to start with?</p> <p>What are the advantages of breast milk? How can I express my milk? How and where do I store my expressed milk?</p> <p>Why is my baby fed through a tube? Can I help with tube feeding? Would it help to suck a dummy when they are having tube feeds?</p> <p>Have I seen a breastfeeding advisor yet?</p> <p>When can I have a kangaroo care cuddle with my baby?</p> <p>When will my baby be able to suck and swallow milk?</p> <p>How long can I store my breast milk for?</p>	<p>Why is my baby weighed and measured? Can I see my baby's growth chart?</p> <p>What do the lines on the growth chart mean?</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>How can I keep my baby warm when I am touching them?</p> <p>Is my baby warm enough under phototherapy lights?</p> <p>What about skin to skin / kangaroo care? How do I know my baby is warm enough?</p> <p>Can we bring in our own clothes for our baby?</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>	

31-33 WEEKS GESTATION



	BREATHING	FEEDING	GROWTH	TEMPERATURE	SLEEPING	How can I help?
WEEK 2	How is my baby now? Maybe needing some oxygen?	Is my baby ready to suck and swallow milk yet? How will I know when my baby can suck and swallow milk? How am I doing with expressing my milk and tube feeding? How can I help encourage my baby's sucking when tube feeding? Will kangaroo care positioning help?	Do we have 'weigh' days? Have I been shown my baby's 'Red Book'? Why does my baby have vitamins? How is my baby doing?	Is the incubator temperature being turned down? How do I know when my baby can move to a cot or hot cot? How often can we do kangaroo care?	How do I know when my baby needs to sleep? Does my baby have a sleep cycle and what does it mean? When should my baby only sleep on the back? Can I read a bedtime story to my baby?	
WEEK 3 ONWARDS	How will I know if my baby is poorly at home? For example, coughs and colds.	What happens if I want to breastfeed but cannot be here? What is cup feeding? Have I seen the breastfeeding advisor again?	How do I get the medicines to go home? Have I been shown how to give my baby the vitamins and iron? How is my baby doing?	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? How do I keep my baby warm at home? Ask about clothes, blankets, room temperatures and going out. When my baby goes home, when should they wear a hat?	Why should my baby be positioned 'feet-to-foot' when in a cot? When my baby comes home, can they share my bedroom? What about my bed? What if I smoke? Is there a leaflet to take home?	