

Your Baby's Journey – Helpful steps towards home

Getting Ready for Home

1. Establishing Sucking feeds

Remember to express after each feed

Sucking during tube feeds

Moving to 3 or 4 hourly or demand feeds

It might only take me a few days or longer to learn to feed

I can come home when I'm sucking all my feeds



Being here throughout the day to feed your baby

Rooming in overnight

Reducing tube feeds

Resuscitation training

This is a busy time for you – essential jobs to do before you can go home:

1. Register the birth within 6 weeks of being born
2. Register baby with your GP

3. Preparing for home

2. Making progress

Screening checks like eye tests and hearing tests

Coming off monitors and sleeping on back



Wow! I'm ready for a cot now I can keep warm

Moving to another nursery OR another hospital

I'm coming home soon. I will need: a cot or moses basket, clothes, linen, a car seat ... could you borrow rather than buy?

It's natural to be anxious about going home – talk to your nurse about it