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
   - It might only take me a few days or longer to learn to feed
   - Being here throughout the day to feed your baby
   - Reducing tube feeds
   - 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

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

3. Preparing for home
   - 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