

Going home with my baby

Congratulations ...

Before discharge, you will be given appointments (please see your discharge checklist for times and dates).

If you are concerned or worried about your baby's health at any time, contact your health care provider, and ask for an appointment.

What should I do if my baby cries a lot?

It will be helpful to feed and settle your baby in a room that is very quiet. Gentle rocking and swaying are also ways to soothe your baby, but be careful never to shake your baby.

It is important to know that your baby's cries may be hard to take at times. This is normal. Never hold anything over your baby's mouth or nose in hopes that it will stop the crying. If your baby is making you feel stressed, put your baby down in a safe place such as the bassinette or crib, and go take a break somewhere else in your home. It is best to get some space from your baby if you are feeling stressed.

You can also call a friend, family member or your baby's health care provider if you feel like you need a break from your baby. You can also call one of these people if you would like extra help caring for your baby.

Where can I find more tips on how to help my baby?

Before you go home from the hospital, you will be given a KFLA booklet or you can log into <http://www.kflapublichealth.ca>, and a discharge education document from the NICU.

Tips on developmentally supporting your baby:

- Keep your baby's room quiet with the lights down low.
- Maintain a 'Safe Sleep' environment.
- Maintain a routine.
- Limit noise so your baby does not get over-stimulated.

Learn your baby's "I'm upset" cues:

Your baby will tell you "I'm upset" by yawning, sneezing, having tremors (shaking), showing color changes, frowning, looking away, or closing eyes.

If you see the above cues, stop what you are doing as your baby is trying to tell you "I'm upset."

Special ways to help your baby if he or she is crying or showing "I'm upset" cues:

- Hold your baby skin-to-skin or gently swaddled in a blanket.
- Hold your baby on your chest, or on your arm lying on his or her side.
- Let your baby calm down before trying anything new.
- Gently rock or sway your baby side to side (back and forth). If your baby is still crying, place your baby's swaddled back against your chest.
- Hold your baby in a curled C-position facing away from you. Place your hand on your baby's chest and sway your baby gently side to side. Facing a blank wall may also help calm down your baby.

More tips:

If your baby ...	What you can do ...
Cries (High pitched)	<ul style="list-style-type: none">• Soothe infant by swaddling, holding firmly and close to one's body• Maintain Safe Sleep practices• Use soft pack baby carrier• Smooth, slow rocking• Non-nutritive sucking• Reduce environmental stimuli• Low lights, low noise• Cool room but not too cold.
Can't get to sleep	<ul style="list-style-type: none">• Reduce environmental stimuli (noise & light)• Swaddle/use soft pack baby carrier• Feed small amounts at many times
Frantically sucks his/her fists	<ul style="list-style-type: none">• Offer pacifier/soother for non-nutritive sucking
Feeds poorly	<ul style="list-style-type: none">• Contact your health care provider

Regurgitates (spit-up)	<ul style="list-style-type: none"> • None
Vomits	<ul style="list-style-type: none"> • Contact your health care provider
Loose bowel movements	<ul style="list-style-type: none"> • Frequent diaper changes • Water soluble barrier cream

Gently introduce new things to your baby one at a time:

- Introduce new stimuli (things that cause your baby to be alert) to your baby one at a time.
- Watch your baby’s cues and allow a “time out,” if needed. A “time out” is a quiet time without stimulation.
- Swaddle your baby and try a pacifier to help your baby maintain an alert and calm state.
- Talk to your baby when he or she is calm and alert.

Gently increase the number of stimuli:

- Add visual sight, auditory (sound), and touch stimuli when your baby is calm.
- Look for cues as to how well he or she can tolerate the new stimuli.
- Know that your baby's ability to handle new stimuli may vary from minute to minute and day to day.

If you have any questions or concerns about your baby, please contact your health care provider.

Health Care Providers Phone Number:

KFLA Public Health:

Child & Babytalk Line
613-549-1154 or
1-800-267-7875, ext. 1555

