

# Important topics to discuss before discharge

To make sure the family is ready to go home, parents and healthcare professionals discuss several topics before discharge.

## Points often considered are:

- Self-confidence in holding and handling the baby
- Instructions on positions supporting the baby's development
- Baby's nutrition
  - Feeding the baby, including how much and how often
  - Breastfeeding support and information
  - How to use and sterilize breast expression sets and bottles if expressing milk
  - Preparing feeds and sterilizing bottles if bottle-feeding
  - Type of milk
  - Learning to prepare fortified milk if necessary
  - Baby-led feeding
- Vitamins

# Important topics to discuss before discharge

- Hygiene
  - How to bathe the baby
  - Instructions on diaper changing, skin care, and general newborn care
  - Appropriate home hygiene measures, such as cleaning and hand washing techniques
- Sleeping
  - Comfortable and safe sleeping positions for the baby
  - Information about sudden infant death syndrome (SIDS) and prevention
  - Rooming-in
- Monitoring and controlling the baby's body temperature
- Understanding typical developmental milestones
- Information about follow-up plans and the first follow-up visit
- Contacting a professional for home visits, getting to know them and scheduling the first visit
- How to give medication, including dosage, frequency, side effects, and missed doses

# Important topics to discuss before discharge

- How to use special equipment, such as an apnea monitor or oxygen, if needed
- Knowing who to contact with any health problems, irregularities, or concerns
- Important emergency telephone numbers
- Resuscitation or basic life support training
- Paternity leave
- Individualized care of the baby
  - Soothing/comforting
  - Interaction
  - When to take the baby outside
  - Safe baby carrying
  - Activities with the baby
  - Reading to the baby
- Family pets