



Taking Your Baby Home

When it's time to leave the NICU

It's time! Congratulations on taking your baby home!

You may have waited days, weeks, or even months for this day, and it is finally here.

A NICU nurse will call you during your first week at home with your baby. The nurse will ask how you and your baby are doing and will answer any questions you may have.

Remember, you can call your baby's primary care provider (PCP) at any time if you have concerns or questions.



Congratulations – it is finally time to take your baby home!

UWMC Resources and Support

- Infant Development Follow-up Clinic206.598.9348
- Lactation Services..... 206.598.4628
- Neonatal Intensive Care Unit (NICU) 206.598.4606
- NICU alumni page..... facebook.com/groups/uwmcnicu
- NICU Physical Therapy.....206.598.1251 or 206.598.9184
- NICU Online Patient Education healthonline.washington.edu
Click on "Neonatal Intensive Care Unit (NICU)" in the Departments list.

Other Community Resources

- Preemie Parents Meetup Groups..... www.meetup.com/PreemieParent
- Program for Early Parent Support (PEPS)..... peps.org
206.547.8570



- Safety Restraint Coalition 800bucklup.org
800.BUCK.L.UP (800.282.5587)
- Seattle Children's Hospital..... seattlechildrens.org/safety-wellness
- Seattle Parents of Premies..... seattlepreemies.weebly.com
This support group meets once a month, usually in the Bellevue area.
- Within Reach withinreachwa.org, 206.284.2465

“Trust yourself. Hold on to the confident feeling you have as a parent. Your child is thriving and ready to go home because of you and the love you are providing when you feed your child, change your child, or hold your child. It’s easy to lose confidence without the medical team and monitors, but you can do it!”

-- Kylie’s Mom

Questions?

Your questions are important. Talk with a member of your baby’s healthcare team if you have questions or concerns.

Neonatal Intensive Care Unit:
206.598.4606