Mount Sinai Hospital
Sinai Health System
Joseph & Wolf Lebovic Health Complex

BABY STEPS TO DISCHARGE HOME

These are some of the milestones that your baby may go through. This is only a general guide. Please speak to your baby's nurse regarding your baby's plan of care. (▶ means start of milestone)

	Baby Care Milestones	Present Gestational Age in Weeks													
		<27	28	29	30	31	32	33	34	35	36	37	38	39	>40
1	I received the parent binder and orientation of the NICU	▶													
2	I know about the parent programs	▶													
3	I know how my baby is progressing	▶ (Ask your baby's nurse if you wish to speak to a doctor)													
4	My baby's feeding plan has been discussed	▶													
5	Information about my baby's transfer has been discussed	▶													
6	I am visiting/talking/touching/ holding my baby	▶													
7	I am helping with baby care	▶ (holding the feeding tube/changing diaper, mouth care, temperature taking)													
8	I have notified my work about maternity leave					▶									
9	Non nutritive sucking at the breast to breastfeeding			▶											
10	Bottle feeding started							▶							
11	I am giving medications to my baby						▶								
12	My baby is now in a cot						▶								
13	I am now bathing my baby						▶								
14	I have taken the CPR course					▶									
15	My house is ready for my baby						▶ (room ready, baby clothes, equipment bought)								
16	My baby is feeding well (all feeds breast/bottle)								▶						
17	My baby is sleeping on his/her back with the bed flat	(no cover on the cot, no rolls in the bed)							▶						
18	I am doing all the care for my baby when I am here								▶						
19	My paediatrician / GP has been chosen and appointment made						▶								
20	The Care by Parent Room has been arranged for me								▶						
21	Infant Hearing Screening arranged and completed							▶							
22	I have received my Car Seat Training								▶						
23	My baby has completed car seat probing								▶						
24	I have receive my discharge medications teaching									▶					
25	I have received feeding information	(For example: formula preparation, special formula information)								▶					
26	My community supports have been arranged	(For example: public health nurse/ infant development program)						▶							
27	Follow up appointments booked (hearing/eyes other)							▶							
28	I have received all my discharge information	(For example: discharge summary, immunization card RSV information)						▶							