

Name of Child: _____ Date: _____

Hospital Nursery To Home

Your baby is in an open crib! Now there are a few more things we need to do before your baby can go home. We will make only one change a day, to give your baby time to get used to it.

Keep the head of your baby's bed flat, unless the doctor says something else.

Put your baby on his or her back to sleep. Babies who sleep on their backs are less likely to get SIDS (**sudden infant death syndrome**).

At first, we will put your baby on his or her back to sleep at least twice a day between feeding times.

When your baby gets used to this, we will put your baby on his or her back 4 to 6 times a day between feedings.

By the time you take your baby home, your baby should only be sleeping on his or her back.

Before your baby goes home, we may slowly take away the blankets for positioning.

First, we move the blankets down to your baby's shoulders. Then we use only one blanket to make the nest, and we make the roll looser.



**Before your baby goes home,
we will slowly
take away
the blankets for positioning.**

Then we take away the nest, but we keep your baby wrapped (swaddled). In time, we make the wrapping looser. Then we put your baby in the crib so his or her feet can touch the bottom. We cover your baby with a blanket from the middle of the chest to the feet, and tuck it in around the mattress. Your baby should sleep this way at home.

Then we take the cover off the crib when your child is awake. Then we take the cover off the crib during the day, but cover it at night. Finally, we keep the cover off the crib all the time.

Now that you've read this:

- Tell your nurse or doctor how we will get your baby ready to go home. (Check when done.)



- If you have any questions or concerns,
- call your child's doctor or
 - call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
www.phoenixchildrenshospital.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Tuesday, October 10, 2006 • DRAFT to family review
#907 • Written by Kay Baylor, RN • Illustrated by Dennis Swain



The Emily Center

Hospital Nursery To Home

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Name of Health Care Provider: _____ Number: 907
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No
easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!