Late Preterm Baby
Help Me Grow & Stay Healthy

My name is: _____ My parents' names are:_____

Always wash your hands right before holding me.

Keep me warm by:

- Holding me skin-to-skin as much as possible
- Swaddling me in a blanket when I am not skin-to-skin
- Removing my hat once I am able to maintain my temperature

Before I go home, I will need:

- A car seat test in the right-sized car seat
- My jaundice level checked
- An appointment scheduled with my provider

I need:

- To be placed on my back while I am sleeping
- Low lights and quiet time
- Limited amount of people holding me
- You to watch me, so you know when I'm hungry, want to spend time with you, or need a break
- My diaper changes and assessments around the time of my feedings
- My blood sugar checked (as needed)

My feeding plan:

- ❑ My parent(s) prefer I am fed human milk. I need to be fed at least every 2–3 hours
- ❑ My parent pumps after I eat. (Pump both breasts at the same time for 15 minutes)
- ❑ Supplements after feeding if needed:
  - ❑ Human milk ❑ Donor human milk ❑ Formula as ordered_____
- ❑ My parent(s) prefer to formula feed me. Please feed me every 3–4 hours with: _____
- ❑ Use special feeding tools per my feeding plan
- ❑ Other: _____

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