

NICU TIDBITS

- The NICU is open to parents of a baby, at all times.
- Each baby or babies (for twins), has its own “pod” area, with dividers between pods, a desk, isolette/incubator and lounge chairs for parents.
- Nurses and pediatricians do their best to always update parents with their baby’s condition.
- The NICU has a refrigerator for parents to store their milk.
- Bottles and labels can be provided to parents who store their milk for their babies, in the NICU.
- Pumps are available in the NICU for anyone who needs to pump milk for their baby.
- It’s important that anyone who plans on breastfeeding, either pumps or breastfeeds as often as a baby would eat (every 2-3 hours), during baby’s entire stay in the NICU, in order to establish and maintain their milk supply.
- Pasteurized donor breast milk is available for special cases.
- Formula milk may be used for babies with low blood sugar levels. This can be refused if breastfeeding is preferred.
- Breastfeeding will be encouraged (those who choose to), for babies that are stable enough to do so.
- Breast milk may be fed to babies through an oral feeding tube, or possibly even a spoon or syringe, if baby is able to have breast milk, but is not stable enough to breastfeed.
- Every baby in the NICU is hooked up to monitors. Some may also be intubated, some may have feeding tubes, IV’s, etc.
- Some babies may not be able to be held skin to skin at all or for very long, depending on baby’s condition. If baby’s condition is stable, nurses will help the parent bring the baby skin to skin.
- If baby needs care past a level 2, then it/they will be transferred to a higher level care facility.
- The NICU has a parent room with bedrooms, bathroom, kitchenette, and lounge area.
- If a baby is taken to NICU while the birthing parent is still in the delivery room or postpartum room, it’s important that the birther tries to pump, to get baby early colostrum, if needed, and to help establish the initial feeding supply, as well as continue to help the uterus contract.
- The birthing partner can usually follow behind the NICU team into the NICU once the baby is stabilized (it’s best to always ask first).

Look for the NICU tracking app - Life’s Little Love

