



Neonatal Department -Al-Adan Hospital Baby Friendly Initiative Hospital

When Can Baby Go Home- Information for parents Prior to Discharge

Your baby should be able to:

- Suck all feeds from either Breast or bottle.
- Maintain his / her temperature in a cot.
- There is not a specific weight or gestation for discharge.

As Primary Caregiver you should feel comfortable:

- Holding your baby.
- Changing your baby's nappy and clothes.
- Bathing your baby.
- Feeding your baby confidently in your chosen method.
- Assessing your baby for signs of sickness.
- Administering any medication your baby may need.
- Settling and comforting your baby.

As Primary Caregiver, consider the following:

- Going Home Class
- Obtaining information on Sudden Infant Death Syndrome (SIDS)
- Obtaining a list of phone numbers for GP, Homecare, midwife and other professionals who could be of assistance to you after discharge.
- You may wish to review heating in your home if you are taking a small baby home, particularly those under 2.5kg (temperature should be 20-22°C).
- For those households where there are family members who smoke, you may wish to consider smoke free areas for your baby.
- Breastfeeding support groups

Equipment for your Baby

- Babies do not require much, but there are some essentials.
- Basic clothing
- Car Seat
- A bassinet / cot
- Blankets and sheets with preferably one woollen blanket in winter time
- Warm bed clothing
- Sterilising equipment for your breast pump and bottles (if you chose to bottle feed)
- Formula if you chose to artificially feed your baby.
- Nappies.

This leaflet provides a guide only. If you have concerns or want more information about your baby, ask the doctor or nurse providing your baby's care.

