

Tips for Parents by Parents

Navigating Discharge from the NICU

Are there special items that I need for the day my baby/babies go home?

- Carseat- required by law. Be sure to read the directions and get familiar with how the seat works.
- Pediatrician and his/her contact information
- A follow up appointment with your pediatrician (1-5 days after discharge)
- A follow up appointment with the preemie clinic, if medically necessary.
- An outfit/hat to wear home
- Medications and medicine dispensers. If your baby needs a prescription it must be filled before he/she leaves the hospital.
- Any extra breast milk stored at the hospital or formula.
- Extra bottles and nipples for feedings at home.

Are there any follow up appointments/clinics at the hospital?

Yes, Preemie Clinic (212) 746-3530 is really important. You will see NICU staff, a nutritionist, and a physical therapist. This is the time to evaluate your infant's growth and development and provide you with any other services that you and your infant might benefit from.

Are there services that will help when I get my baby home?

Any services that are appropriate for your baby will be discussed with you close to discharge. These services are specific to the needs of your infant and will be arranged and coordinated by the Medical Team prior to discharge or at follow up in Preemie Clinic.

Here are a few important state services to be aware of if needed:

Early Intervention Program (NY): The mission of the Early Intervention Program is to identify and evaluate as early as possible those infants and toddlers whose healthy development is compromised and provide for appropriate intervention to improve child and family development.

Abilis/Birth to Three (CT): The mission of the Birth to Three System is to strengthen the capacity of families to meet the developmental and health-related needs of their infants and toddlers who have delays or disabilities

Early Intervention System (NJ): The mission is to enhance the capacity of families to meet the developmental and health-related needs of children birth to age three who have delays or disabilities by providing quality services and support to families and their children.

ABOUT THE FAC: The Komansky Center Family Advisory Council (FAC) is a group of dedicated parents and family members of pediatric patients who are committed to working with the Hospital staff and pediatric administration to provide family-centered care to all of the pediatric patients. If you would like to find out more about the Family Advisory Council, please call us at (212)746-6007.