

# HealthTips

Make Health Happen

Coming home from the NICU

## Bringing your baby home from the NICU is exciting.

You and your baby may need extra help when you get home, so call your case manager for help. They can coordinate your baby's care and teach you how to use special equipment or monitors.

It's important your baby visits their primary care provider or any medical specialists within a few days after leaving the NICU.

At these visits, you'll help your baby by having their primary care provider:



Track your baby's growth and weight gain.



Talk with you about how your baby is eating — how often and how much, and if you have any concerns about feeding.



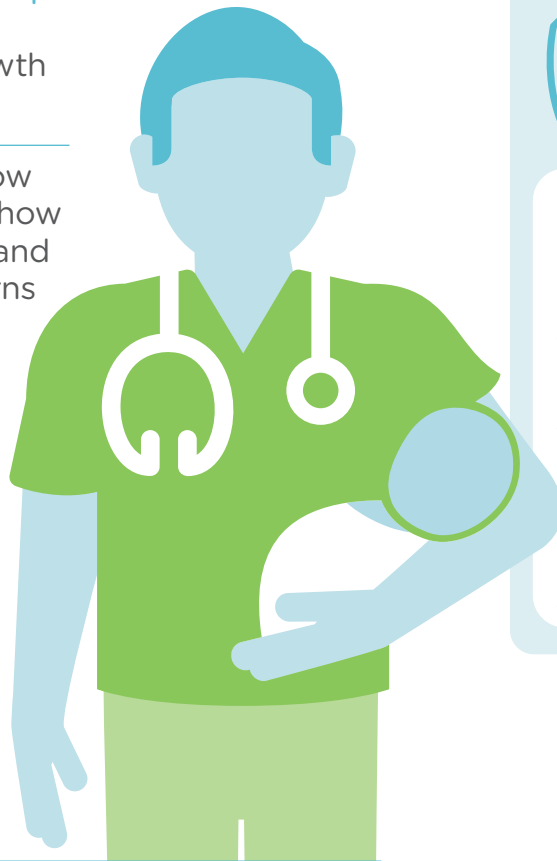
Check for jaundice, a common condition that causes newborns' skin to turn yellow.



Discuss and schedule any needed immunizations.



Ask questions you may have about your baby's health, growth and development.



**Remember,** as your baby continues to heal and grow stronger, it's important to keep all appointments with their primary care provider.



You can add them to the calendar on your phone or write them down here.

### My baby's follow-up appointments

Primary care provider's name:

\_\_\_\_\_

Appointment dates and times:

\_\_\_\_\_

Address:

\_\_\_\_\_

Phone number:

\_\_\_\_\_



  
**dell children's**  
HEALTH PLAN

Helpful phone numbers for Dell Children's Health Plan members only

Member Services: 1-888-596-0268 (TTY 711)

Monday through Friday from 7 a.m. to 6 p.m. Central time

24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)

[DellChildrensHealthPlan.com/members](http://DellChildrensHealthPlan.com/members)

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## How will I know if my baby's not feeling well?

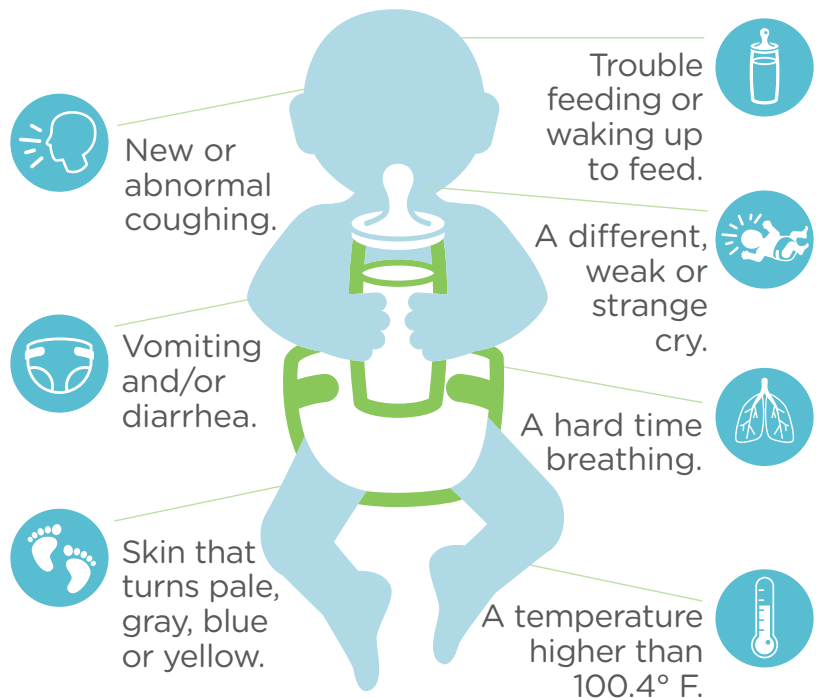
### What can I do to keep my baby healthy?



- I'll take my baby for all vaccinations that are recommended by their primary care providers.
- I'll wash my hands often, especially before touching my baby.
- I'll have others wash their hands before touching my baby.
- I'll teach my family to cough and sneeze into their elbow or sleeve instead of their hands.
- I will ask visitors not to kiss my baby on the mouth.
- I'll keep my baby away from people who are sick or have been ill recently.
- I won't have my baby share bottles, cups or other eating utensils.
- I'll clean and disinfect doorknobs, light switches, faucets, and handles in our home.
- I'll wash and disinfect toys.
- I'll keep my baby away from all smoke, including cigarettes and vaping.

Make sure any visitors and caregivers follow these guidelines, too.

Watch for the signs and symptoms listed below. **Call your baby's primary care provider or go to the emergency room right away if they have:**



### Early Intervention programs

Your baby may be referred to an Early Intervention program. An Early Intervention program can help your family with home visits, counseling, support, education, and other services that may be necessary after your baby goes home from the NICU.

Sources:

[www.kidshealth.org](http://www.kidshealth.org), [www.health4mom.org](http://www.health4mom.org), [www.seattlechildrens.org](http://www.seattlechildrens.org), [www.nicuawareness.org](http://www.nicuawareness.org)