

Tips + resources
for parents provided by
Mighty Little Giants
@mightylittlegiants

LIFE AFTER THE NICU BABY DO'S AND DON'TS!



DON'T - COMPARE YOUR BABY

Don't compare your child's milestones to other children. This will stress you out and you'll unconsciously start placing unrealistic expectations on our baby.



DO - EMBRACE THE JOURNEY

Embrace your child's individual growth journey, and celebrate all of their accomplishments.



DON'T - DENY THERAPY

Don't deny therapy because of your own feelings towards the services.



DO - ACCEPT THE SERVICES PROVIDED

Accept the services that are provided to you after your child is discharged from the NICU. Therapy is a service that assist's with his/her development. Why not give it a try!



DON'T - ADJUST MEDICATION OR OXYGEN

Don't adjust your child's oxygen levels or medication of your own judgement. This can truly harm your baby.



DO - FOLLOW THE DOCTOR'S ORDERS

Always consult with your child's doctor regarding any medication adjusting or weening any oxygen levels.