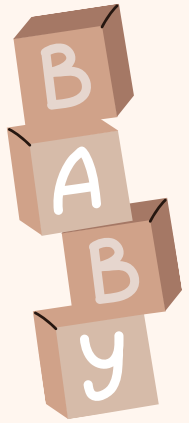
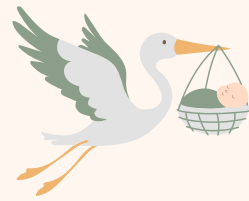




Level 6 Home



*"This is where the story shifts from surviving to simply living;
and loving"*

What to Expect



Breathing Support

- Your baby breathes independently
- No longer needs oxygen or respiratory monitoring
- You'll continue to watch their breathing with care and confidence

Temperature Regulation

- Baby sleeps in a cot, bassinet, or crib in a typical nursery environment
- Wearing clothes, swaddles, and maintaining body temperature on their own



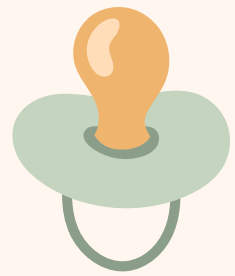


Feeding & Growth

- Your baby is feeding more than half fully orally, breast, bottle, or both
- Feeding schedules may still feel NICU-like, but you're in charge now
- You're tracking wet nappies, feeding amounts, and weight gain with new eyes

Monitoring & Infection Control

- NICU wires are gone no more machines
- You may have follow-up appointments with specialists, lactation consultants, or GPs
- Parents are now the primary caregivers and experts in their baby's unique needs



Parenting Tip

There's no "right way" to do this. Just love them. Breathe with them. Keep showing up like you've done all along. You're not just leaving the NICU. You're stepping into your new life as a family.

Signs of Ongoing Success



Baby is feeding, growing, and settling into home routines

Parents feel supported and confident

Family is adjusting and bonding deeply in a new environment

Continued connection with outpatient care, support groups, or apps like LetoGlow

Parent Reflection

- How has life changed in just a few days?
- What's been the most surprising thing about home life?
- What tiny wins am I proud of today?