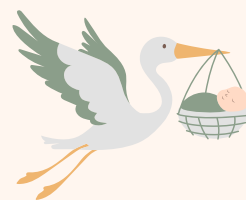




Level 4

Advanced Growth & Feeding



"You're no longer just watching; now, you're parenting. Every feed, every cuddle, every diaper change brings you closer to home."

What to Expect



Breathing Support

- Most babies at this stage breathe independently
- Oxygen support is often discontinued or used only during feeds
- Alarms for apnea or bradycardia are less frequent or gone altogether

Temperature Regulation

- Baby is now out of the incubator and in a cot or crib
- Maintaining their own body temperature in normal clothing
- Starting to look and feel more like a newborn at home



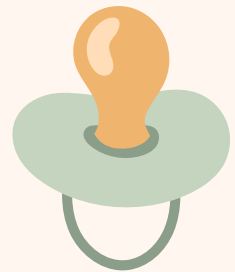


Feeding & Growth

- Oral feeds begin in earnest; breast, bottle, or both
- Sucking, swallowing, and breathing coordination improves
- Tube feeds may still support some nutrition
- Parents begin feeding involvement and training
- Managing reflux, fortification, and caloric intake is part of daily care
- Goal to reach 2kg and majority oral feeding

Monitoring & Infection Control

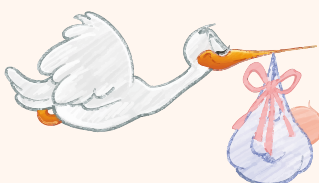
- Caffeine therapy is typically discontinued
- Monitoring wires reduced
- First baths, outfit changes, and daily routines begin to normalize.
- Babies may move to the Special Care Nursery as discharge nears



Parenting Tip

Trust that you're ready to care, comfort, and connect. Your baby is beginning to need you more than machines.

Hurdle to Level 5: Preparation for Home



Baby is majority feeding orally (breast or bottle)

Weight has reached at least 2kg or is steadily increasing

Breathing and temperature regulation are fully independent

Minimal or no alarms, minimal interventions

Parents actively involved in daily care

Parent Reflection

- Did I help with a feed or change a diaper today?
- What made my baby feel more like "mine"?
- How can I prepare for what comes next; emotionally and practically?