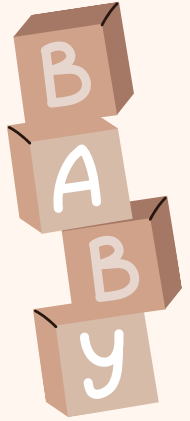
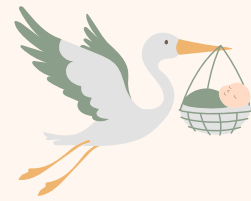




# Level 2 Strengthening



"Each breath, each cuddle, each moment, your baby is growing stronger because you're right there beside them."

## What to Expect

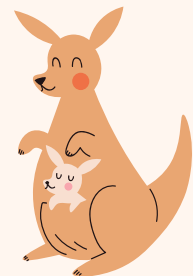


### Breathing Support

- Transitioning from ventilator to CPAP or nasal cannula
- More stable breathing patterns with fewer apnea episodes

### Temperature Regulation

- Continuing incubator use but with less assistance
- Baby may begin trial periods outside of the humidicrib (kangaroo cuddles)



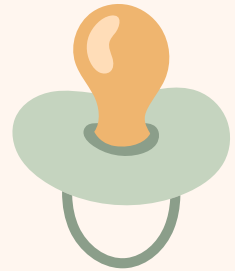


## Feeding & Growth

- Introduction of tube feeding (nasogastric or orogastric)
- Early suckling practice with pacifier or during kangaroo care.
- Weight gain and digestion are closely monitored

## Monitoring & Infection Control

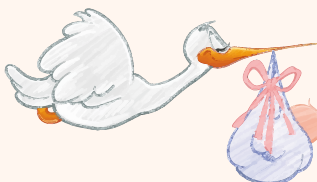
- Continuous tracking of vital signs
- Fewer medications, but antibiotics or supplements may still be given
- Encouragement of gentle physical movement and sensory stimulation



## Parenting Tip

Ask your NICU team how you can support feeds, cuddles, and developmental care. You're building a rhythm with your baby that will grow stronger every day.

## Hurdle to Level 3: Growing



- Baby is tolerating full tube feeds
- Parents have had their first kangaroo cuddle
- Baby is showing stable oxygen needs
- Caffeine therapy is weaning or completed
- Baby is beginning to gain weight consistently

## Parent Reflection

-What did our first cuddle feel like?

-How has my baby responded to feeding or light?

-What questions do I want to ask the care team tomorrow?