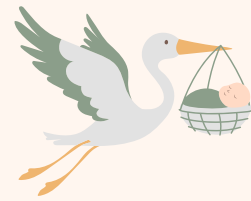




# Level 5

## Preparation for Home



"You were strong when it was hardest. Now, you're ready for what comes next; life together"

### What to Expect



#### Breathing Support

- Most babies are breathing independently
- Any remaining oxygen support is removed
- Final respiratory checks ensure safe home transition

#### Temperature Regulation

- Baby has fully transitioned to a cot or bassinet
- Wearing regular baby clothes day and night
- Body temperature is consistently self-regulated



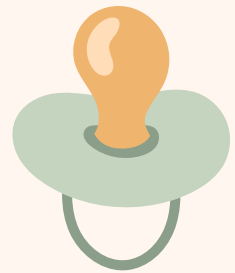


## Feeding & Growth

- Your baby is taking most or all feeds orally
- Tube feeds are used only occasionally (if at all)
- Parents are actively feeding, tracking intake, and managing any reflux or fortification
- Baby has reached 2kg or is gaining weight steadily

## Monitoring & Infection Control

- Wires are reduced or completely removed
- Caffeine therapy has ended
- First bath, car seat test, and rooming-in with parents are completed
- Parents are trained on medications, feeding, or any necessary equipment
- Final evaluations by the medical team are underway



## Parenting Tip

This stage can feel exciting and scary. You're not alone. Trust that your instincts are strong, and your NICU team is preparing you for success. The hospital is your launchpad; but you are the destination.

## Hurdle to Level 6: Home



Parents have successfully completed rooming-in

Baby is feeding orally, gaining weight, and wire-free

Car seat test passed

Parents are trained in all aspects of care

Medical team has approved discharge readiness

# Parent Reflection

- What did I feel during our rooming-in experience?
- Do I feel ready? What support might I need?
- What am I most excited (or nervous) about for the first night home?