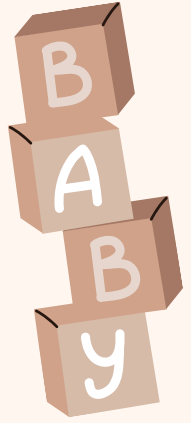
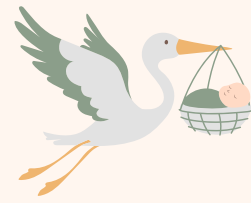




Level 3 Growing



"Tiny clothes. First bottles. Longer cuddles. These small moments are signs of something big."

What to Expect



Breathing Support

- Many babies are now off oxygen support or using minimal oxygen
- Breathing may be completely independent for short or long periods
- Monitoring continues, but alarms and apnea episodes occur less frequently

Temperature Regulation

- Your baby may now spend more time outside the incubator
- Learning to maintain body temperature in a cot or during skin-to-skin cuddles
- May wear first clothes like a tiny onesie or hat



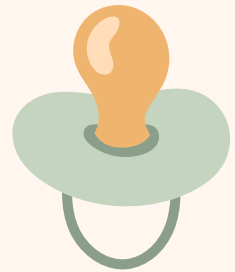


Feeding & Growth

- Weight gain becomes a major focus; goal is reaching birth weight or 1kg
- Tube feeds are well tolerated
- Oral feeds (bottle or breast) may begin gradually
- Pacifier use continues to support suck-swallow coordination
- Nutritional support may include fortified milk or supplements

Monitoring & Infection Control

- Ongoing monitoring with fewer interventions
- Imaging and specialist visits (e.g., neonatology, neurology) as needed
- Caffeine therapy often discontinued



Parenting Tip

Now that your baby is getting stronger, your interactions become even more meaningful. Reading, cuddling, practicing feeds, these moments are small miracles.

Hurdle to Level 4: Advanced Growth & Feeding



Baby consistently gains weight and hits 1kg or birth weight milestone

Tolerating oral feeds (or starting them)

Breathing independently or needing only minimal oxygen

Less reliance on incubator for temperature regulation

Parent Reflection

- What did I notice about my baby's growth today?
- Did we have any new firsts; like clothes, a bath, or a bottle?
- What made me feel proud or connected?