STAGE 6

Home

Your baby is home with you. Care now moves to your baby's doctors and child health nurse, with development tracked by corrected age. The goal now is settling in — and being gentle with yourself while you all adjust.

Milestones at stage 6

- [ ] My baby has been discharged and is now home with me.
- [ ] I feel confident providing care, including feeding, bathing, and any medical routines.
- [ ] My baby is settling in at home and continuing to grow.
- [ ] Our follow-up appointments are booked, and I know who to call if I am worried.
- [ ] I am tracking development using corrected age, not birth age.

A note for you

Progress is not always a straight line. Many babies move back a stage for a while — that is a common part of NICU time, not a step backwards for you.

Your reflections

Something I learned this week:

Support I would like right now:

One small thing I did for myself:

General information and personal tracking only, not medical advice. This guide brings together publicly available guidance from health organisations and published research. It has not been reviewed by a clinician and is not tailored to your baby. Your care team knows your baby best. In an emergency, call emergency services immediately.