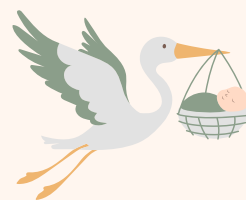




Level 1 Stabilization



"The tiniest steps are still steps forward"

What to Expect



Breathing Support

- Ventilator, CPAP, or nasal cannula to help your baby breathe.
- Caffeine therapy to stimulate breathing and reduce apneas.

Temperature Regulation

- Humidicrib (incubator) used to maintain warmth and humidity.

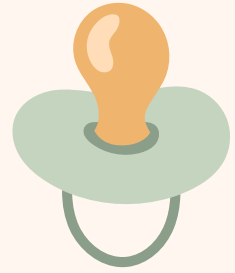


Feeding & Hydration

- IV fluids provide essential nutrition and hydration if your baby cannot yet feed.

Monitoring & Infection Control

- Vital signs (heart rate, oxygen levels) are monitored continuously.
- Blood tests and antibiotics may be used to detect and treat infection.
- Pain relief or sedation for comfort during procedures.



Parenting Tip

Your presence matters. Even if you can't hold your baby yet, your voice and touch are powerful.

Hurdles to Level 2: Strengthening



Moving from ventilator to CPAP or nasal cannula.

Maintaining body temperature with incubator support.

Tolerating IV fluids or early tube feeds without complications.

Parent Reflection

- What did I learn today about my baby?
- What support do I need right now?
- Have I taken time to care for myself?