STAGE 1

Stabilisation

At this stage, many babies have oxygen support, IV fluids and a humidicrib to keep warm. The care team's first aims are steady breathing and body temperature.

Hurdles to stage 2

What usually comes next. Tick them off as they happen.

- [ ] Breathing support easing: baby moves from a ventilator to CPAP or a nasal cannula.
- [ ] Temperature: baby holds a stable temperature with the humidicrib's warmth.
- [ ] Feeds started: baby is tolerating IV nutrition or first tube feeds without complications.

Milestones at stage 1

- [ ] We are having skin-to-skin (kangaroo) time whenever my baby's care team supports it — even short cuddles help.
- [ ] My baby is receiving oxygen support through a nasal cannula, CPAP, or ventilator.
- [ ] IV fluids are helping my baby stay hydrated and nourished.
- [ ] Caffeine therapy is being used to support my baby's breathing and heart rate.
- [ ] My baby is in a humidicrib to help maintain their body temperature.
- [ ] My baby is being closely monitored for vital signs like heart rate, oxygen levels, and temperature.
- [ ] If an infection is suspected, my baby is receiving antibiotics — and they are stopped once tests rule it out.
- [ ] Pain management or comfort care is being provided during medical procedures.

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:

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.

Support I would like right now:

One small thing I did for myself:

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