

Planning for Home

Parent information

Planning for home can begin soon after your baby's admission to the nursery. Our primary goal is to get you all home safely and we encourage you to ask lots of questions of the nurses, doctors and allied health professionals that are involved in your baby's care. Being organised and having things completed prior to this discharge will make the process much simpler for you and hopefully a little less stressful.

WE WILL HELP YOU PLAN FOR YOUR BABY'S SPECIAL DAY!

How do you know when your baby is nearly ready for home?

- Is your baby medically stable?
- How is your baby going with suck feeds? Is your baby finishing 4-5 suck feeds each day?
- Is your baby gaining weight?

The Education Tool

The Education Tool is a checklist that you need to work through with the nurses to make sure that you have all the information and skills needed to care for baby. The QR code below, is in the front of your red book and will provide you with information needed to complete the Education Tool. Completion of the checklist is a requirement of the nursery. You can start it at any time, and we encourage you to work on it whenever you are in the nursery.



Education videos

There are two videos that we ask you to view before taking baby home:

- Baby Resuscitation
- SIDS/SUDI
- These videos can be found by scanning the QR code above.

Baby resuscitation demonstration

- The nurse caring for your baby will provide a demonstration of baby resuscitation on a baby mannequin.
- You will have the opportunity to practice these skills on the baby mannequin.

Parent crafting – staying in the Parent craft rooms

Parent crafting rooms are available for those families:

- who have had a long stay in the nursery and would like to room in with their baby, with the support of the nursing staff for a few nights before going home.
- whose baby/s have not yet been fully breastfeeding over a 24-hour period.
- For more details refer to the “[GSNU Parent Crafting](#)” booklet.

Community Child Health

Child Health Nurses provide ongoing support in the community to all of the families going home from the nursery.

- A referral to Community Child Health is completed with your consent prior to going home. This gives the Child Health nurses permission to contact you once you’re all settled in at home.
- If possible, while you’re still in the nursery or parent crafting, a visit from the Child Health nurse will be arranged to give you further information and offer support.
- The hospital also offers an **Indigenous Liaison Service**. Please refer to brochure for more information and contact details.

Other checks to be completed prior to going home

- Discharge health check by a Medical Officer/Neonatal Nurse Practitioner.
- Healthy Hearing Screening.
- Immunisations are up to date as per the “Australian Immunisation Schedule”. This schedule can be found in your baby’s Personal Health Record.
- GP details are recorded.
- Follow up appointments are all organised.

Families back transferring to a regional hospital

Families are encouraged to begin their discharge preparation at the RBWH; however, it can be completed by your regional hospital.

For further information refer to the “[Back Transfer Preparation](#)” booklet.

Any further questions

This fact sheet provides general information.

If you have any questions about your baby’s care, we encourage you to speak to the nursing and medical staff.



Consumers contributed
to this information.