

# DISCHARGE TEACHING FOR INFANT WITH NAS

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## TIMING OF TEACHING

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Teaching in preparation for discharge is to begin upon admission.

Teaching is to be continued throughout the hospital stay.

Final teaching is to occur before the day of discharge and reinforced on that day.

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**FEEDING & ELIMINATION**

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**Formula Feeding & Bottles**

- How to mix formula – recipe particulars if indicated
- Preparation and storage of bottle
- Feeding supplies
- Information about WIC

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**Feeding & Elimination**

- Expected number of wet diapers per day
- Expected stool consistency and frequency
  - When to call Provider related to not stooling
- Information about spitting up, wet burps, and vomiting

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**MEDICATION & SAFETY TIPS**

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**Medications and Multivitamins & Iron**

- How to draw up medication and how to administer
- What to do if dose missed or spit up
- Checking with Provider before giving any over-the-counter medication

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**Medication Safety Tips**

- Only give the baby medicines prescribed by the provider.
- Do not share prescription medicines with other children or adults
- Keep all medicines out of reach of children, closed tightly in the bottles or containers they came in, and with the labels of directions given by the pharmacy.

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**BATHING, CLOTHING &  
CIRCUMCISION CARE**

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**Bathing Safety**

- Never leave baby alone in a baby tub
- Clean tub between uses
- Warm room
- Warm water, not hot
- No q-tips for nose or ears
- Do not let umbilical cord get wet; no immersion until cord falls off
- Sponge baths for circumcised baby until healed

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**Clothing**

- Dress the baby as you dress yourself
- Look and feel baby's skin
- Wash your baby's clothes separately and with a mild fragrance free detergent

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**Circumcision**

- When will it occur
- Pain control
- After Care
- When to be concerned

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**SKIN CARE, NAIL CARE,  
& DIAPERING**

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**Skin Care**

- Always keep baby dry
- NO oils
- Hypoallergenic lotion is okay

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### Nail Care

- Clean nails
- Keep nails short to prevent baby from scratching
- File nails down
- Carefully clip nails with clippers

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### Diapering

- Prevention of breakdown
- Treatment of rash

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### TAKING A TEMPERATURE & SIGNS OF ILLNESS

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### Taking a Temperature

- How to take an axillary temperature
- The range of a normal temperature

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### Signs of Illness

- Baby seems fussy/ crying more
- More tired than usual
- Vomits more than 1 time
- Has 3 or more loose, watery stools
- No wet diapers for more than 6 hours
- Cough or shortness of breath
- Temperature of 100.4 or higher
- Mouth sores
- Rash
- Discharge from eyes or ears

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### SAFE SLEEP, SWADDLING, & SUID

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### Safe Sleep

- ABCD is the easiest way to remember how to make babies safe when they are asleep
- ALONE
- BACK
- CRIB
- Danger- Drowsy or distracted caregiver
  
- Discuss sleep space with family/caregivers
- Review Safe Sleep Top Ten with family/caregivers

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### Swaddling

- Dress your baby in light clothing and swaddle them
  - Swaddle to shoulder level – avoid blankets around face
  
- Use sleep sacks or wearable blankets

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### What is SUID?

- Sudden Unexpected Infant Death (SUID) is the sudden, unexpected death of an infant in the first year of life.
- Protection for infants from SUID:
  - Eliminate smoking, as well as second hand & third hand smoke.
  - Prevent overheating
  - Breastfeed
  - Keep Immunizations up to date
  - Use a pacifier
  - Have the baby sleep in own crib by him/herself
  - Eliminate loose bedding and soft items in crib
  - Back to sleep

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## SHAKEN BABY SYNDROME & CRYING

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## When Your Baby Cries

- It is normal for babies to cry- If the crying does not stop, look for a cause and try:
  - Feeding
  - Diaper
  - Warm Bath
  - Rock or Walk
  - Pacifier
  - Skin-to-Skin

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## Calming Techniques

- Head-to-toe movement
- Gentle clapping
- Vertical rock
- Kangaroo Care
- Bathing
- Swaddling and containment

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### The Five Ss

- Swaddle
- Side or stomach position (NOT TO SLEEP!)
- Shush
- Swing/ Rock
- Suck

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### Preventing Shaken Baby Syndrome

- Shaking a baby, even slightly, is dangerous
- When frustrated:
  - Safe Place
  - Deep breath, walk away, count to 10
  - Let others help care for baby
  - Talk with baby's doctor
  - Call the Childhelp National Child Abuse Hotline at 800-422-4453

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### Videos/DVDs

- Parents/Caregivers to watch DVDs/Videos about Safe Sleep and Preventing Shaken Baby Syndrome
- DVD about Happiest Baby on the Block

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**ENVIRONMENTAL SAFETY**

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**Hand Washing & Visitors**

- Anyone having contact with your baby should wash their hands thoroughly before touching your baby.
- Its OK to have visitors as long as they are not sick.
- Hand sanitizer offers a quick access to cleaning hands.

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**Going Outside the Home**

- OK to take baby out for short outings
- Avoid crowds and confined, crowded places- school or daycare center for first few months
- How long to take precautions?
  - Your baby's immune system will become more developed as they get older
  - Caution during winter with RSV or Flu season

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### Pets & Toys

**Pets:**

- Don't leave your baby alone with pets

**Toys:**

- Avoid small toys with loose parts or buttons
- Do not put toys in crib or tie toys to the crib

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### Smoking

- Secondhand & third hand smoking
  
- Smoking around your baby
  
- Call: 1-800-QUIT-NOW

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### Care upon Discharge

- We encourage the caregiver (parents, foster care parents or kinship care) to stay at least 24 hours before discharge with the infant to learn the infants cues and how to care for them.
  
- At discharge from the hospital, follow up appointments should be made and the caregiver should understand the importance of follow up care.
  - Pediatrician appointments should monitor growth- higher calorie formulas may be needed
  - Developmental appointments such as the NICU graduate clinic to ensure proper growth and development is being reached

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CAR SEAT SAFETY

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- Basic Car Seat Safety**
- Right Seat
  - Right Place
  - Right Direction
  - Pinch Test
  
  - Do NOT attach objects or toys to car seat
  - Know how to adjust straps and how car seat works- Read the Manual!

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RESOURCES

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## Resources

- WIC, Home Health, HANDS, etc.
- Support for mother
- Emergency services

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**THE END** 😊

Questions?

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