APNEA
MY JOURNEY HOME

Children's MINNESOTA

At Children's Minnesota, we realize that taking your child home with an apnea monitor can be stressful. The Apnea Program is here to help. We'll help you learn how to use an apnea monitor to detect changes in your child's breathing when you are at home. Our team is with you every step of the way — even in the middle of the night. If you don't know what to do when a monitor alarm rings or if you have a question, big or small, just call.

1 ○
I can tell you why my child is on a home apnea monitor.

2 ○
I can tell you about my child's home apnea monitor treatment plan.

3 ○
I know how to use my home apnea monitor and supplies.

4 ○
I can tell you how to respond to monitor alarms.

5 ○
I understand that an apnea nurse is available 24/7.

6 ○
I know the signs if my child is getting worse and who to call if I am concerned.

7 ○
I can tell you about my worries and concerns related to the home apnea monitor.

8 ○
I can show you how to assist a choking infant.

Notes: