

MY NEONATAL JOURNEY

Taking your baby home from the hospital is a big step. We are here to help you through the journey. Use this checklist as a guide for what you need to know before taking your baby home. Please ask us any questions that you have along the way.

You can also track your neonatal journey online at childrensmn.org/neonataljourney.

1



I can tell you about my baby's condition.

2



I know about hand hygiene and preventing infection.

3



I know how to care for my baby.

4



I know how to feed my baby.

5



I can tell you about my baby's developmental milestones.

6



I know how to calm my baby.

7



I know my baby's immunization schedule.

8



I know my baby's feeding plan for home.

9



I can show how to give my baby's medications.

10



I know my baby's discharge equipment and supplies.

11



I know about my baby's discharge screening/tests.

12



I know how to keep my baby safe at home.

13



I understand when and why to call the doctor.

14



My follow-up appointments are scheduled.

Notes:



For online Neonatal Journey to Home: Open your camera on your smartphone. Hold your phone over the QR code. Or visit childrensmn.org/neonataljourney.