

10 Questions to Ask When Navigating the NICU:



1

Can you help me understand my baby's medical condition better?

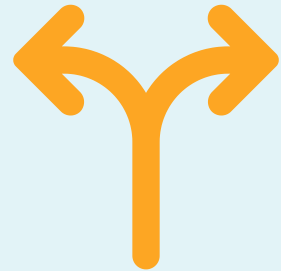
- You will likely be presented with complex medical information. It's okay if you need to ask for clarification and additional time to make your decision.



2

Is there an alternative to this treatment plan?

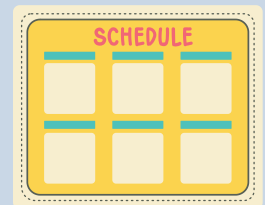
- Asking about your child's treatment options can help you understand the medical team's recommendation and allow you to advocate for what you think is best for your child.



3

What is the daily care routine for my baby?

- Understanding the daily schedule can help you participate in your baby's care. This also allows you to prioritize when you want to be in the NICU and when you would like to take breaks.



4

How can I be involved in my baby's care?

- Active participation can help you bond with your baby and promote their development. Ask about opportunities for skin-to-skin contact, diaper changes, feeding, and reading to your baby.



5

What are the visitation guidelines and policies?

- Knowing the NICU's visiting hours, restrictions, and guidelines can help you plan visits and build a routine.



6 How is my baby doing right now?

- Letting the team know how you'd like to receive updates and discussing how frequently they can provide them supports collaboration.



7 Who is on my baby's healthcare team?

- It is helpful to know the names and roles of the medical professionals caring for your baby, such as neonatologists, nurses, occupational therapists, lactation consultants, and social workers.



8 What support services are available for parents?

- You can ask about support groups, counseling, infant care classes, lactation support, and other resources to help you and your family.
- Some hospitals provide financial assistance, meal and gas vouchers, and even places to stay. Check with your social worker about the available resources.



9 What medical goals are being tracked?

- It may be helpful to know the anticipated medical goals, such as coming off oxygen or eating by mouth. Ask what needs to happen for your baby to reach the next goal and what is expected afterwards.



10 Are there plans for my baby's discharge from the NICU?

- When the time comes, discuss the transition plan and any special care or equipment your baby may need when leaving the NICU.



Choose your top 1-3 questions before meeting with your baby's care team in case there is not time to discuss everything.

This allows you to discuss your most pressing concerns.

Remember, open communication with the healthcare team is essential. Don't hesitate to seek clarification whenever you have concerns or need more information. The NICU staff is there to provide care and support to both you and your baby.

