

INFO VOOR DE OUDERS

GOING HOME

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01 FOREWORD

Today, your baby is leaving our Neonatal Intensive Care Unit. This is an important moment for you!

In this brochure, we provide you with some advice on feeding and caring for your baby and, if necessary, information about medication and special aftercare. The brochure was personalised to your child.

We wish you a happy and safe return home

02 BREASTFEEDING

Cues

If you are breastfeeding your baby, he/she will let you know when they have had enough or is too tired to continue feeding. When your baby has emptied your breast, they will let go. You then offer the other breast.

Breastfeeding frequency

If your baby is exclusively breastfed, he/she will drink 6 to even 12 times a day. Make sure they feed at least 6 times a day. There may be a single longer break (max. 5-6 hours) between two feeds. It is possible that your baby is breastfed and taking formula when you are discharged from hospital. You can then gradually phase out formula at your baby's pace. You will notice that over time your baby gets bigger and stronger and drinks longer and more vigorously.

Support

It is possible to be supported at home by an independent midwife. At least 7 consultations of the midwife at your home are free. You only have to pay the kilometre allowance. Contact details of midwives in your area can be found via the professional midwifery organisations at www.vlov.be, www.nvkvv.be or from the maternity care expertise centre.

03 FORMULA

Formula is usually a powder that is diluted with a specific amount of water. Remember the general rule: 3 levelled measures of powdered milk added to 90 millilitres of water gives 100 millilitres of ready-made baby milk.

The powdered milk your baby is getting now is:

Today at _____ / _____ / _____ your baby received _____ bottles of _____ ml.

The last baby bottle was given at _____ .

The method used to prepare formula is described later in this brochure. Your doctor and Kind & Gezin (Child & Family Agency) will help you with adjusting the diet.

Based on your baby's growth and age, the quantity should be increased by, for instance, 5 millilitres per bottle: Per day, 6 x 70 ml to 6 x 75 ml, 6 x 80 ml, and so on, to 6 x 120 ml.

Later, the number of feedings per day will decrease.

04 PREPARING FORMULA

Needed

- ▲ Powdered milk: (i.e. brand name)
- ▲ Water: Not well water (unless controlled). Boil tap water beforehand and allow it to cool.
- ▲ Six baby bottles, 6 teats, 6 rings, 6 lids, pouring bowl, baby bottle rack, baby bottle brush.
- ▲ Receptacle with lid and clean tea towel.

Preparing the formula

- ▲ Wash your hands
- ▲ Measure and fill the necessary (lukewarm) water into the baby bottle.
- ▲ Put the measures of powdered milk in the bottle. Use the supplied scoop and level off the excess powder with the straight edge of a knife.
- ▲ Shake the bottle until everything is well mixed.

Cleaning and sterilising

- ▲ Every day, clean the bottles, teats, and rings thoroughly with warm water. Rinse thoroughly (including the bottle brush).
- ▲ We recommend sterilising the bottles. You can do so with a steriliser or by immersing the bottles in boiling water for 15 minutes (on a low heat).
- ▲ Add the teats and bottle rings during the last 5 minutes. After boiling, drain the bottles on a clean baby bottle rack.
- ▲ Let the teats and rings dry on a clean tea towel and keep them covered.
- ▲ Rinse the pouring bowl with the boiled water.
- ▲ You can also put the bottles in the dishwasher.

Breastfeeding times

- ▲ As a rule, we suggest the following time schedule for 6 feedings: 6 am, 9 am, noon, 3pm, 6:30 pm, and 10:30 pm.
- ▲ In the first few days at home, your baby may have some adjustment problems due to the change in the environment. Be patient. Sometimes, a night light can help.

Warming up formula

- ▲ Use a safe baby bottle warmer.
- ▲ Never heat up baby bottles in a microwave oven. The milk gets too hot very quickly and it can scald your baby.
- ▲ Roll the bottle between your hands to evenly distribute the heat in the milk.
- ▲ Check the temperature of the milk before giving it to your baby.

05 VITAMINS AND IRON

During their first year some babies need certain vitamins and/or iron in larger amounts.

Your baby needs the following:

- Nothing
- D-cure® drops: per day until the age of months.
- Vitamin C (25 mg/capsule): 1 capsule per day until the age of months.
- Vitamin E (10 mg/capsule): 1 capsule per day until the age of months.
- Folic acid (0.1 mg/capsule): 1 capsule per day until the age of months.
- Ferricure® (i.e. iron preparation):
drops per day until the age of months.
- Vitamin K: 5 drops/day while exclusively breastfeeding.

The drops are applied to the tongue as part of the daily care routine.

The capsules (or powders) should be administered with a small amount of water on a teaspoon.

Get into the habit of giving these vitamins at the same time of the day each day (e.g. before the bath).
You are then more likely to remember!

06 MEDICATION

None (except possibly vitamins and/or iron)
 Yes Which ones?

Medication	Number times/day	Dose	Times	Date stop

Special comments (last administration time is = am/pm):

08 AMBIENT TEMPERATURE

The room temperature should not exceed 20 °C. When your baby has reached a body weight of 3,000 grams, the temperature may drop to around 16 - 17 °C at night, provided that he/she is dressed warmly, preferably in a closed one-piece garment. In favourable weather conditions, you can go for a walk with your child in a carrycot without any problems. Avoid excessive heat and periods of fog.

09 AFTERCARE

Your paediatrician, Dr,

will be informed in writing of your child's stay in our Neonatal Intensive Care Unit. Make an appointment with your paediatrician to have a consultation 14 days after your discharge from UZ Gent.

If you have any questions, please contact the supervising paediatrician and nurse. You can also call us at any time at 09 332 35 37.

Team of physicians

Prof. dr. Koenraad Smets (diensthoofd)

Prof. dr. Sophie Vanhaesebrouck

Dr. Linde Goossens

Dr. Alexandra Zecic

Dr. Kris De Coen

Dr. Annelies Keymeulen

Dr. Lara Garabedian

Dr. Julie De Meulemeester

Dr. Pauline Naessens

Signature of the supervising paediatrician assistant:

dr (volut)



Dear parent(s),
Please keep this card in the booklet provided by the Child and Family Agency.

PKU-screening: <input type="checkbox"/> completed Still to be done on:	Date:/...../..... Date:/...../..... Date:/...../.....	<input type="checkbox"/> not completed <input type="checkbox"/> not applicable
Bera-screening: <input type="checkbox"/> completed Right: <input type="checkbox"/> Pass <input type="checkbox"/> Refer Left: <input type="checkbox"/> Pass <input type="checkbox"/> Refer Check-up appointment: <input type="checkbox"/> yes	Date:/...../..... Date:/...../.....	<input type="checkbox"/> not completed <input type="checkbox"/> no
ROP-screening: <input type="checkbox"/> completed Check-up appointment: <input type="checkbox"/>	Date:/...../..... Date:/...../.....	<input type="checkbox"/> not applicable <input type="checkbox"/> no

10 UZ GENT CONSULTATION APPOINTMENTS

Appointment 1

Date

..... / / at

Location

How?

It is best to arrive half an hour before the appointment to check in at the registration pillars at entrance 50 (or entrance 12).

What should you bring with you?

- ▲ ID card
- ▲ Baby's next feed
- ▲ Nappies

Reschedule appointment

Please notify us in time (between 8 am and 5 pm) at tel.
to make another appointment.

Appointment 2

Date

..... / / at

Location

How?

It is best to arrive half an hour before the appointment to check in at the registration pillars at entrance 50 (or entrance 12).

What should you bring with you?

- ▲ ID card
- ▲ Baby's next feed
- ▲ Nappies

Reschedule appointment

Please notify us in time (between 8 am and 5 pm) at tel.
to make another appointment.

Appointment 3

Date

..... / / at

Location

How?

It is best to arrive half an hour before the appointment to check in at the registration pillars at entrance 50 (or entrance 12).

What should you bring with you?

- ▲ ID card
- ▲ Baby's next feed
- ▲ Nappies

Reschedule appointment

Please notify us in time (between 8 am and 5 pm) at tel.
to make another appointment.

Neonatal intensive care unit

Entrance 50, route 650

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Volg ons op

