

Newborn Care Centre: Steps to Discharge Tracker

March 2023

Steps to Discharge Tracker

These are some baby care milestones you may hit during your baby's time in The Royal's Newborn Care Centre. This document is general in nature; please speak to your nurse about YOUR baby's plan of care. You may wish to use this Tracker to tick off skills / milestones and help you feel confident when it comes to taking your baby home. A

complete Tracker may be indicative of your baby's readiness for discharge, however a decision around discharge will ALWAYS be made by your baby's medical team, and discussed with you. Ward Rounds are a great time to raise this discussion, and ask for clarity / further information if there are any milestones on the Tracker that have not been completed ahead of your baby's discharge.

Baby Care Milestones	Current Gestational Age (Weeks)															
	<27	28	29	30	31	32	33	34	35	36	37	38	39	40		
I know how my baby is progressing	>>															
My baby's feeding plan has been discussed with me	>>															
I am here with my baby; talking, touching and holding my baby	>>															
I am helping with my baby's care	>>															
We have started to encourage breast latching and sucking, [without feeding]																
We have started breastfeeding [bottle feeding if not breastfeeding]																
I have booked a CPR class / signed up for the class run by the NCC																
My house is ready for my baby																
My baby is starting to feed well																
My baby is sleeping on their back on a flat bed																
I know how to administer medications at home																
My post-discharge paediatrician/GP appointment is made																
Blossom Room has been arranged for rooming in before going home																
The SWISH screen [newborn hearing test] has been done																
I have received information / support materials for feeding at home																
Follow up appointments have been booked for me																
Community supports have been arranged for me																
I have received all of my discharge information																

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Should you wish to discuss any aspect of this information please send an email to portal@royalwomen.org.au