



WHEN CAN I TAKE MY BABY HOME?

- Baby stays warm (normal temperature) in an open crib
- Baby has steady weight gain
- Baby feeds with good coordination
- Baby presents no breathing pauses (apnea spells) for 5-7 days
- Baby passes car seat test (if applicable)
- Doctor says it is safe!

NICU RESOURCE TEAM

Director of Neonatology

Jose Arias-Camison, M.D.

Lactation Consultant

Zully Santana, CLC



Saint Mary's Hospital
Trinity Health

Neonatal Intensive Care Unit

56 Franklin Street, Waterbury, CT 06706
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TrinityHealthOfNE.org

Neonatal Intensive Care Unit

Congratulations and Welcome



HOW CAN I BE INVOLVED IN MY BABY'S CARE?

We encourage parents to join us at morning rounds with the doctors, advanced care practitioners, and nurses. We meet at the baby's bedside to talk about his/her plan of care. Parents are always welcome to participate.

Ask your nurse when care is due. Timing visits during hands-on care will allow you to take an active role in your baby's care.

As your baby grows, you will be able to feed, dress, and bathe him/her.



BABY CLOTHING

If you have baby clothes or blankets you wish to bring in from home, we ask that you wash them first and label them with baby's last name.

VISITING

Only those with baby's bands are allowed to visit or call for updates at any time. All others need to be accompanied by a band holder to visit.

Many of our babies have compromised immune systems. Please do not visit the unit if you or any of your visitors are not feeling well, has a fever, cough, or runny nose.

We encourage you to make friends and share experiences with other parents, however, to ensure privacy, please stay at your baby's bedside.

CELL PHONES/ELECTRONIC DEVICES

Newborns and pre-term babies are highly susceptible to infection. As cell phones and other electronic devices are a breeding ground for germs, we ask you to observe the following precautions.

Upon Entering NICU

- Please follow directions at scrub sink to clean your phone or electronic device

At Bedside

- No phone calls are allowed in unit
- You can make or receive phone calls in either the parenting or waiting room

Pictures

- We encourage parents to take pictures of their babies

HAND WASHING

- All visitors must scrub hands when entering unit
- If you leave the hospital, please rescrub upon returning to unit
- If you leave unit, but stay within the hospital, use foam at bedside

ASK US ABOUT

- Parking validation
- Lactation Consultants
- Loaner breast pumps
- Social Service assistance
- Newborn CPR classes
- Pastoral Care spiritual support
- Personal lockers while visiting
- Video language translation
- Daily multidisciplinary rounds
- Occupational Therapy
- Specialty Consults: Ophthalmology, Cardiology, Pulmonology, Neurology