

CENTRAL *Nebraska* DOULA

What to Take With You When Visiting Your Baby in the NICU

Whether you plan to visit your baby or stay with your baby long term, this checklist includes items many parents find useful while spending time in the NICU caring for their baby.

Preemie/Newborn Clothing

While hospitals typically provide clothing for NICU patients, some parents prefer to dress their baby in their own clothing. All personal clothing items should be labeled.

- Clothing with snap closures are typically preferred, as they allow monitor wires and tubes to be moved easily without removing the clothing.
- Baby Blankets (optional)

Breastfeeding Supplies - Check with the NICU as some of the following items may be provided. If you are expressing breast milk while away from your baby that you would like to be fed to your baby while he/she is in the NICU, remember to bring it with you in a small cooler when visiting your baby.

- Breast pump and attachment pieces
- Bottles/Storage bags
- Breastfeeding pillow
- Sanitizing bags/wipes
- Bottle brush
- _____

Comfort Items

- Pillow/Neck pillow
- Blanket
- Music and Headphones
- Book/Magazine
- Journal and pen
- Family photo
- _____
- _____

Clothing for Parents

- Pajamas (if staying overnight)
- Comfortable clothing (if staying overnight)
- Sweater/Jacket
- Undergarments and pads
- Nursing bra and breast pads
- _____

Toiletries (For overnight stays)

- Shower items: shampoo, soap, etc.
- Hair brush
- Toothbrush, toothpaste, etc.
- Glasses/Contact lenses and supplies
- Lotion
- Soothing nipple cream
- _____

Snacks and Drinks

- Room-temperature stable, easy-to-eat snacks
- Beverages
- Cash/change for vending machines
- _____

Electronics

- Cell phone and charger
- Camera/Video recorder and charger
- _____
- _____
- _____
- _____
- _____
- _____

