

We Are All Excited! As We Bring Our Preemie Home

Dear Family & Friends,

Our family is excited to be bringing home our preemie and we know you are excited for us as well.

Please know that we greatly appreciate your care and concern throughout our child's stay in the Neonatal Intensive Care Unit (NICU). Thank you for all of your help!

Though our child is leaving the NICU, the professionals caring for our child have been clear that the journey is not over with a simple homecoming. They have advised us that we must be careful in the days and months ahead of us with a number of precautions so that our still-fragile child's immune system and developmental capabilities can develop and thrive. While we appreciate that everyone is eager to visit, no one wants to see our baby seriously ill and have a re-admission to the hospital. Therefore we ask you to kindly consider these simple and thoughtful requests:

- The baby is going to be on a sort of "lockdown" at home for the time being until our Pediatrician advises it is safe to take our child out of the home for anything other than medical appointments.
- The doctor will be advising us regarding having family and friends over to visit. Believe us when we say that we hate having to turn people away, but we have to be careful for our child's sake.
- If we are able to have you over, please make sure that you are 1) healthy, 2) not smoking before or while visiting with us and 3) prepared to wash your hands upon entering the house.
- If you are assisting us with taking care of the baby, please note that we are following doctor's orders regarding safe sleep and the guidelines to prevent Sudden Infant Death Syndrome (SIDS) for which our baby is at extreme risk. This includes laying the baby down on his/her back to sleep and with no pillows, blankets, stuffed animals or other objects in the sleep environment.

We greatly appreciate your understanding with this matter. Should you have any questions regarding these requests, please talk to us and know that we would also be happy to connect you with our child's doctor.