First Week Home From the NICU

A calm place to keep names, papers, helpers, and rest in one spot. Fill in what fits; skip what doesn’t.

1 Who to call

Pediatrician _____

After-hours line _____

NICU unit _____

Equipment supplier _____

Other _____

Other _____

2 Paperwork & meds folder

- ☐ Discharge papers
- ☐ Medicine schedule from the care team
- ☐ Appointment and follow-up list
- ☐ Insurance cards (copies too)
- ☐ Equipment paperwork and supplier info
- ☐ Pharmacy name and number
- ☐ Space for new papers as they come

Questions about medicines or care? Check with your baby’s care team.

3 People who offered help

Name	What they can do	Contact

Ideas: meals, groceries, laundry, school runs, pet care, errands, a quiet visit.

4 Taking turns resting

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning							
Afternoon							
Night							

Write who is resting and who is on. Short naps count.

5 Notes

_____

_____

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This checklist is for organizing only and isn’t medical advice. Follow your baby’s care team.