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Tips to Get You Through the First 24 Hours At Home

1. Walk through all instructions with the healthcare provider a few times before going home. Ask all of your questions until you feel confident. Make sure you have all relevant contact information for your health care provider and his/her staff in case you have questions once you are home.
2. Put the instruction sheets in a large freezer bag to keep them dry and safe. It's the next best thing to laminating these papers.
3. Add important phone numbers to your cell phone contact list.
4. Be sure to have extra formula in case of a spill.
5. Ask a friend or family member to help with tasks at home, like meal preparation for other members of the family.
6. Prepare an Emergency Kit prior to first day home, which may include a replacement tube and other equipment or items you may need. Check with your healthcare provider on what to include.
7. Have another adult at your side the first time you tube feed your child at home. Extra hands and support can go a long way.
8. Decide where you will first tube feed your child. Make the area user-friendly with ample counter space, good lighting and an overall comfortable feel.
9. When your child is resting, do the same. You need your rest as much as he does.
10. Start keeping a Daily Diary to monitor and track your child's feedings and progress.