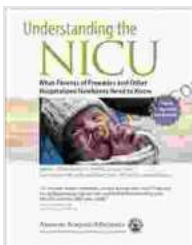


# What Parents of Premies and Other Hospitalized Newborns Need to Know

If you're the parent of a premature or hospitalized newborn, it can be a scary and overwhelming time. Your baby may be tiny and fragile, and you may be worried about their health and development. Here's everything you need to know about what to expect, how to care for your baby, and how to cope with the emotional challenges.



## Understanding the NICU: What Parents of Premies and other Hospitalized Newborns Need to Know

by Nadia Eghbal

★★★★☆ 4.7 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 325 pages  
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## What to Expect

Premature babies are born before 37 weeks of gestation. They are often smaller and less developed than full-term babies, and they may have a number of health problems. Some of the most common problems include:

- Respiratory problems, such as respiratory distress syndrome (RDS)

- Jaundice
- feeding problems
- Hypoglycemia (low blood sugar)
- Infection

Hospitalized newborns may also have other health problems, such as birth defects, heart problems, or genetic disorders. The type of care your baby needs will depend on their specific condition.

## **How to Care for Your Baby**

Caring for a premature or hospitalized newborn can be challenging, but it's also incredibly rewarding. Here are some tips on how to care for your baby:

- **Be involved in your baby's care.** Ask questions, learn about your baby's condition, and participate in their care as much as possible.
- **Bond with your baby.** Skin-to-skin contact is important for premature and hospitalized newborns. Hold your baby as often as possible, and talk to them and sing to them.
- **Learn how to feed your baby.** Premature and hospitalized newborns may need to be fed through a tube or bottle. Learn how to do this safely and correctly.
- **Change your baby's diaper.** Premature and hospitalized newborns may need to be changed more often than full-term babies. Learn how to change a diaper safely and correctly.
- **Bathe your baby.** Premature and hospitalized newborns may need to be bathed more often than full-term babies. Learn how to bathe a baby

safely and correctly.

- **Dress your baby.** Premature and hospitalized newborns may need to be dressed in special clothing to keep them warm. Learn how to dress a baby safely and correctly.

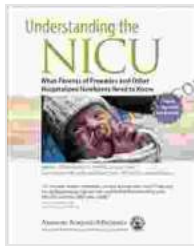
## Coping with the Emotional Challenges

Having a premature or hospitalized newborn can be an emotionally challenging experience. Here are some tips on how to cope:

- **Allow yourself to feel your emotions.** It's okay to be sad, scared, or angry. Allow yourself to feel these emotions, and don't try to bottle them up.
- **Talk to someone.** Talk to your partner, family, friends, or a therapist about how you're feeling. Sharing your feelings can help you to cope.
- **Join a support group.** There are many support groups for parents of premature and hospitalized newborns. Joining a support group can help you to connect with other parents who are going through similar experiences.
- **Take care of yourself.** It's important to take care of yourself both physically and emotionally. Eat healthy foods, get enough sleep, and exercise regularly.

## The Long Road Home

The journey of having a premature or hospitalized newborn can be long and challenging, but it's also incredibly rewarding. With love, patience, and support, you can help your baby to thrive and reach their full potential.



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