



# In the NICU

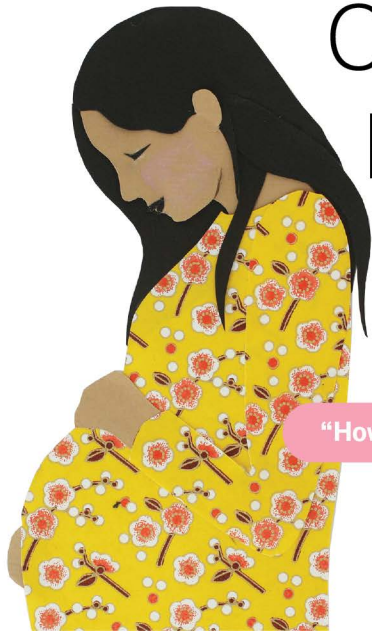
“My baby was born early. What do I do?”



Having a preterm birth can present challenges for both babies and parents/caregivers. Working with hospital staff, spending time with the baby, reaching out to your support system and taking time to recharge can help you cope with this stressful situation.

Being informed about your baby's health and accepting support from family and friends can help you to take care of yourself as the baby receives the extra care that is needed in the hospital.

# Caring for Your Premature Baby



“How can I support my premature baby at home?”



**Premature babies often require extra care during their first two years. Observe the baby to see what extra supports they might need.**

Observing the baby will help identify any issues as they develop. Look for local services to get your baby the extra support they might need.