



a family support program

Do you understand the information you are getting from your baby's care team?

Your baby's care team will be made up of physicians, nurses, respiratory therapists, and other specially trained professionals. The care team has "rounds" each day where they come together and discuss your baby's care plan. Parents are encouraged to attend rounds and to ask any questions you have about your baby. If you are not able to attend rounds, be sure to ask your baby's nurse how you can speak with your baby's physician to get an update. The care team is committed to keeping you informed on your baby's condition and care plan. You are the most important member of the team!

Suggestions from former NICU families

- **Write down your questions and concerns**

You might want to keep a journal while you are in the NICU and keep all of your questions and answers in the same place. Some NICUs offer journals for parents, so make sure to ask your nurse!

- **Bring a support person when you are talking to your baby's care team**

Your support person can write down the answers to your questions. If you do not have a support person who is available, then ask your baby's nurse if the NICU has family support staff who can be there with you. Take time to step away and think about the information you have received. You will make more informed and confident decisions after reflecting on the information.

- **Do not be afraid to ask someone to repeat the information**

You can request written information about a condition or procedure. You can ask for a photograph or drawing of a condition or procedure.

- **Make sure to ask for clarification at any time information is confusing**

Sometimes different members of the team may use different words to describe the same condition or treatment. This can lead to confusion for parents. If this happens, you should ask for clarification and speak to your baby's physician so that he or she can resolve any confusion.

- **Make sure you understand all of the forms you are being asked to sign**
- **Ask if there are other families you can talk to whose children have experienced the same condition or procedure**
- **Write down the names of your baby's care team and ask what the best way to contact them is if you have a question or concern**
- **Speak up if something does not feel right! You are your baby's voice.**