

late preterm

# Infant Care



**WIC Helps you make Amazing kids!**

**B**abies that are born early  
need a little extra  
help in the first few  
weeks to stay  
warm and get  
plenty to eat.

**Ask your nurse or  
Lactation Consultant to  
complete this plan for  
your little one.**



**To keep baby warm:**

- Keep baby's hat on at all times.
- You or other family members should hold baby skin to skin.
- When not holding skin to skin, swaddle baby in dry blankets.

**Feeding Plan:**

- Watch baby for early signs of hunger and feed on demand.
- Use a nipple shield if your baby has trouble staying on the breast.
- Feeding should be evaluated by staff to ensure baby is feeding well.
- Wake your baby to feed if it has been longer than three hours between feedings.
- Pump after baby nurses for \_\_\_ minutes to create an adequate supply.
- Use your pumped breastmilk to supplement with \_\_\_ml every \_\_\_ hrs.
- Supplement by using: \_\_syringe \_\_cup/spoon \_\_bottle \_\_SNS \_\_other
- Please do not use pacifiers because it may make it more difficult to read signs that your baby is hungry.







### Discharge Plan:

- Make an appointment with your pediatrician within 24-48 hours after discharge.
- Your baby should be weighed every week until the original due date.
- Continue pumping for minutes after feedings until your baby no longer needs to be supplemented and is feeding well at the breast.
- If you have any concerns please contact \_\_\_\_\_ for breastfeeding help.

### Additional Information

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Visit **BreastmilkCounts.com** or call the Texas Lactation Support Hotline at 1-855-550-6667.  
Visit **TexasWIC.org** to learn more about WIC.



**TEXAS**  
Health and Human  
Services

