

## Parental checklist to prepare for going home with a feeding tube

Tube feeding your child can feel overwhelming for many parents. The list below are things that other parents have identified as being important during the transition from hospital to home and what information may be helpful. Please take some time to go through the list so that staff can help you with anything needed before you go home.

Each baby and child have unique medical needs and reaches developmental milestones in their own individual time, which might include readiness for oral feeding. Therefore, some of these items may not apply to your unique situation.



	0	1	2	3	4	5
• I/we know who to contact if any concerns about our baby/child's tube feeding plan / needs						
• I/we have a GP and/or midwife to talk to about any concerns						
• For our neonate I/we can:						
o sterilise bottles and express equipment						
o store breast milk / formula						
o make up formula						
o do daily skin-to-skin (Kangaroo cares)						
o recognise our baby's hunger cues						
o encourage oral stimulation/ sucking during tube feeds						
o position and hold our baby/child correctly for feeds, and/or tube feeds						
o recognise developmental milestones for your child's age and gestation						
o understand it is safe for our baby to participate in developmental activities such as tummy time and other age appropriate activities						
• Tube feeding management in older children:						
o I/we understand the tube feeding plan						
o I/we can do water flushes						
o I/we can set the required feeding rate (if using a feeding pump)						
o I/we I/we can replace the feeding tube understand tube cares						
o I/we can check correct tube placement						
o I/we can position our child correctly for feeding						
o I/we have had a discussion with the team about tube weaning						
o I/we have had a discussion with preschool/school about tube feeding						
• I/we know who to go to talk to about the emotional impact of tube feeding on our family						
• I/we know how to sooth and comfort our baby/child						
• I/we know how to bath our baby / child with a tube						
• I/we know how to monitor our baby/child's temperature and know when to seek medical attention						
• I/we know how to check that baby/child is adequately hydrated						
• I/we feel confident to go out (e.g. setting up gear for a stroller/wheelchair)						
• I/we have been given information in a form that I can understand						

**For more information:**

	0	1	2	3	4	5
• I/we have read <b>“Eating for Healthy Breastfeeding Woman”</b> (Ministry of Health booklet) <a href="https://www.healthed.govt.nz">https://www.healthed.govt.nz</a>						
• I/we have read/watched recommended information from health team about normal growth and feeding development in babies/children						

***The needs of babies and children change as they grow. If you have any concerns or questions about any aspect of your baby/child’s needs or cares, please ask the team - they are happy to support you and your child’s journey towards discharge and going back into the community.***