

# PARENTS ARE CARE PARTNERS



**YOU ARE AN IMPORTANT PART OF YOUR BABY'S CARE TEAM**



**Participate in care decisions whenever possible**

**SPEAK UP, ASK QUESTIONS, ATTEND ROUNDS**

You are your baby's voice & advocate



**PAY ATTENTION TO DETAILS**

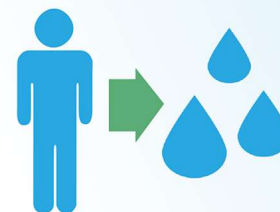
You know your baby best & might notice if something is not quite right

**Skin to skin contact has health benefits for your baby**



**KANGAROO WITH YOUR BABY, IF POSSIBLE**

**PROVIDE YOUR MILK, IF YOU CAN**



If you can't, ask about donor milk. Human milk is best for preemies.