

# NICU Visit Checklist

A one-page guide to help you prepare for each visit.

**A simple page to help you feel ready for a NICU visit. Use what helps, ignore what does not.**

## Before you go

- Phone and charger
- Water bottle or drink
- Snack or small meal
- Notebook or notes app
- Comfortable clothes
- Any questions you want to ask

## During your visit

- Say hello and check in with the team
- Ask if there are any general updates
- Spend quiet time near your baby
- Write down anything you want to remember
- Take a break if you need one

## Small reminders

- You do not need to understand everything today.
- Eating, resting, and stepping outside are not selfish.
- Being present matters, even when you feel unsure.

## Notes from today

---

---

---