

Questions to Ask During Your NICU Visit

A simple list of questions you can use when you feel unsure what to ask.

You do not have to ask every question. Pick one or two that feel useful today.

Simple daily questions

- How has my baby been today?
- Has anything changed since my last visit?
- Is there anything important I should know today?
- What is the plan for the rest of the day?

Understanding routines

- When do updates or handovers usually happen?
- Who is looking after my baby today?
- Is there a good time for me to ask questions?
- What should I write down or keep track of?

Ways to be involved

- Is there anything I can help with today?
- Can I sit with, talk to, or read to my baby?
- How can I support my partner today?
- What should we prepare before the next visit?

My own questions
