

Heading Home Bingo

TO GET THE INFO

by:

mamasoup

So you've had your beautiful baby and you're ready to head home? Take advantage of your nurse's knowledge and play a game of **New Parents Bingo** to make sure you have all your questions answered before packing the car.


i Check off each item on the Bingo Cards to ensure you're ready to head home





baby


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|  |  |  |  |  |
| Bathing Instructions | Frequency of Baths | Carseat Safety | Confirm Measurements | Feeding Schedule |
|  |  |  |  |  |
| Recording Diapers | Baby's Head Safety, Changes & Cord Care | Keeping Baby Warm & Cozy | Newborn Sleep Patterns & Safety | Swaddling Baby |

daddy


-  Supporting Mom & Baby


-  Setting up a Bathroom Recovery Station at home

-  Managing Germs at Home

-  Documenting First Bath

-  Mom's Water Intake Levels

-  Necessary Baby Essentials

-  Packing the Hospital Bags to Go Home

mama

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|  |  |  |  |  |
| At-Home Pain Management | Recommended Recovery Support Items | Breastfeeding & Lactation Support | Postpartum Depression & Seeking Support | Appointment Schedule |
|  |  |  |  |  |
| Taking Care of Stitches | Monitoring Blood Loss | Stool Softeners | Exercise & Recovery | Sex, Birth Control & Relationships |

