

Reviewing with parents:

- Key neonatal events.
- Feeding history.
- Growth history.
- Ensuring that the discharge letter is accurate.

Providing written details on:

- Current nutrition.
- Milk type.

Providing written details on supplements:

- How to give them (especially if breastfeeding).
- Duration they should be given for.
- Whether the dose needs updating.
- Where to get future supplies.

Setting realistic expectations for:

- Breastfeeding duration and baby behaviours.
- Accessing support for breastfeeding or other issues.
- Normal sleep patterns and potential changes after going home.
- Typical growth and weight gain, and who will do the measurements.
- When to consider complementary foods.