

# Dressing Your Baby

# Clothing

## *When Your Baby Can Wear Clothes*

### **Your baby will be able to wear clothes when:**

- They are big enough (more than 1500 grams) and need less intensive care in their isolette
- Their breathing is regular and oxygen levels are normal
- They don't need IVs, PICC lines, or umbilical lines
- They don't need phototherapy ("bilirubin lights for jaundice")

### **Tips for Clothes:**

- Wash their clothes in detergents like Dreft that have no perfumes or smells
- Buttoned clothing is easier to use if your baby needs any tubing instead of clothes with zippers
- Write your initials on the clothing tag
  - In case they get tossed in the NICU laundry we can return them to you

# How to Dress Your Baby

- To cause the least amount of stress during dressing your baby, it is easiest to dress from bottom to top
  - Put your baby's feet through the head hole and pull the onesie up toward the head
- Onesies have side flaps to make it easy to get over the hips and shoulders



# Wires and Tubing

- You will need to disconnect your baby's leads and pulse-oximetry probe in order to string them through the onesie
  - Please let your nurse know when you are doing this so they can be aware your baby will be off the monitor
  - Please remember to plug the wires back in once you are finished
- You should not have to disconnect your baby for buttoned and zippered clothing
- You should not have to disconnect or string your baby's oxygen or feeding tube through their clothing if you use the bottom to top method

# Tips for Dressing Your Baby

- If your baby does not like being dressed while laying on their back, try dressing them while they are laying down on their side to help calm them
- If your baby is too warm or too cold, add or remove a layer of clothing and re-check the body temperature in a half hour

