

must occur before discharge. If the infant experiences this in a semiupright position, a car bed with the infant supine should be considered, and similar testing should be undertaken in the car bed.

- Repeat the test after 24 hours after modifications have been made to the car seat, car bed, or infant's position in either restraint system.
- It is recommended that a certified car seat technician place the infant in the car seat (or bed) if a failure occurs (see National Highway Traffic Safety Administration website[†] for car seat inspection station).
- If the infant is being discharged on an apnea or cardiorespiratory monitor, this equipment should be used during the trip home.
- The technician will demonstrate appropriate positioning of the infant in the restraint device to the parents and have the parents do a return demonstration.
- Document the interventions, the infant's tolerance, and the parents' return demonstration.

*Infants at risk for obstructive apnea (e.g., Pierre Robin sequence or congenital neuromuscular disorders such as spinal muscular atrophy) may also need to be evaluated in a semiupright car seat or car bed before discharge.

[†]<http://www.nhtsa.gov>.

Modified from American Academy of Pediatrics: Safe transportation of premature and low birth weight infants, *Pediatrics* 123(5):1424–1429, 2009; O'Neil J, Yonkman J, Taltry J, et al: Transporting children with special health care needs, *Pediatrics* 124(2):596–603, 2009; Bull MJ, Engle WA, and Committee on Injury, Violence, and Poison Prevention and the Committee on Fetus and Newborn, et al: Safe transportation of preterm and low birth weight infants at hospital discharge, *Pediatrics* 123(5):1424–1429, 2009.

An important part of discharge planning and care of preterm infants is nutrition for continued growth; thus, the choice of feeding must be carefully addressed. Human milk should be fortified according to the infant's corrected age and physiologic needs. In a Cochrane review, fortification of human milk with a multivitamin