Article 1:

**Category: NICU Essentials**

**Title: “Understanding Your Baby’s NICU Care Team”**

When your baby is admitted to the Neonatal Intensive Care Unit (NICU), you’ll meet many different people caring for your little one. Each has a unique role, but together they work as a team to provide the best possible care for your baby.

**Attending Neonatologist:**

The attending neonatologist is the **team leader**. They are responsible for making medical decisions and overseeing your baby’s overall care.

**Neonatology Fellow:**

A fellow is a physician completing training to become a neonatologist. Fellows work closely with the attending and help guide daily care.

**Resident & Medical Students:**

Residents (doctors in training) and medical students may also round on your baby daily. They help check progress, write orders, and ensure treatments are carried out.

**Consultants:**

Sometimes, other specialists are asked to weigh in—for example, cardiology, gastroenterology, or infectious disease. These doctors are called consultants.

**Nurse Practitioners (NPs)/Physician Assistants (PAs):**

NPs and PAs perform procedures, write notes, and provide hands-on care under the guidance of the neonatologist.

**Nurses:**

Your baby’s primary caregiver in the NICU is their nurse. Nurses provide day-to-day care, feedings, medications, and comfort, and are often the ones you’ll talk to most.

**Respiratory Therapists:**

If your baby needs breathing support (such as ventilator, CPAP, or a cannula), respiratory therapists manage the machines, suctioning, and help with positioning.

**Dieticians:**

Dietitians review your baby’s growth, nutrition, and lab values to recommend the best feeding plan.

**Pharmacists**

NICU pharmacists double-check every medication for safety, dosing, and compatibility with other treatments.

**Social Workers**

Social workers help with practical and emotional needs: transportation, insurance, housing, parking, transfers, or finding equipment and community resources.

**Therapists**

Speech, physical, and occupational therapists support your baby’s development. They may help with feeding, movement, and sensory stimulation to promote growth.

**Quick Tip of the Week: “What to Pack for your Daily NICU Visit” (downloadable checklist)**

 📖 A **book to read to your baby**

 📝 A **journal**(for notes, questions, or downtime)

 💧 A **water bottle & snacks**

 🖼 A **family photo or small blanket** to leave near your baby’s crib

 🧥 A **sweater** or hoodie (NICUs can be chilly)

 👕 **Comfortable clothing for breastfeeding/pumping:** nursing tanks, button-down shirts, wrap tops, or soft nursing bras. These make feeding and skin-to-skin easier during long NICU days.

 ⚠️ **Infection control reminder:** avoid wearing jewelry or watches — keep your arms bare below the elbows when touching or holding your baby.