

# World Prematurity Day



## November 17

A premature baby is born  
before the

37

week  
of pregnancy

### Dear mother

Keeping your hospital appointments during pregnancy  
helps protect both you and your baby's health



Health Awareness Unit | وحدة التوعية الصحية





# World Prematurity Day

The premature baby require special care, so we recommend following these guidelines:



## Before you leave the hospital

Make sure you have everything you need to properly care for your premature baby, including the necessary tools, and also take a course in infant CPR.



## Taking important notes

Do not hesitate to take important notes from your child's medical team, and ask about the symptoms that require going to the doctor.



## Keep committed

Schedule medical checkups to monitor your child's growth and know his health needs.



## Discuss the nutrition plan.

You should discuss your feeding plan with your baby's medical team, as a premature baby may need nutritional supplements in addition to breast milk.



## Protect your child's health

Protect your child's health by giving him the necessary vaccinations.



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