

WELCOME TO THE Moore Neonatal Intensive Care Unit

We value your participation in caring for your baby!

The flip chart provides a guide for hands-on activities based on your baby's gestational age. As your baby grows and develops, they will be able to tolerate more activity.

- Please keep in mind that there may be times when your baby may not be able to tolerate some of these activities.
- Consult your baby's nurse or other member of the medical team to determine if your baby can participate in a particular activity.
- Every baby is different and every day is different—what your baby may not tolerate on Monday, may be easier for them on Tuesday or Wednesday!
- Please don't hesitate to ask questions of the team and to get help learning how to engage in your baby's care. Your involvement is so important!

Start on the page marked "All Ages" and read through the pages until you get to your baby's gestational age. You can participate in any activities listed on or before your baby's age. Flip the page every two weeks to see what new experiences you can share with your baby.



All Ages

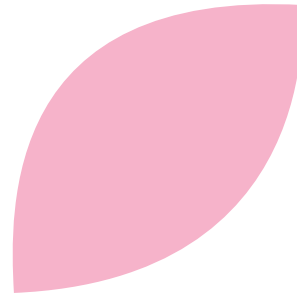


- Practice good hygiene.
- Refer to the instructions given in the "Special Baby Special Care" book.
- Prevent sick visitors from visiting with you or your baby.
- Provide human milk for your baby, pumping 8 times in a 24-hour day for 2 weeks or until you are making 750-1000 mL of milk per day.
- Do kangaroo care with your baby, holding your baby next to your chest skin-to-skin.
- When your baby is sleeping, try not to wake them. Sleep is VITAL for your baby's brain and vision development.
- Protect your baby from strong smells such as perfume, aftershave, scented lotions, or cigarette smoke.
- As you are able, come to rounds with the doctor and nurse in the morning. You are welcome to attend team rounds every Wednesday.



ALL AGES

24-25 WEEKS



(In addition to the activities on the previous pages)

Providing Appropriate Stimulation

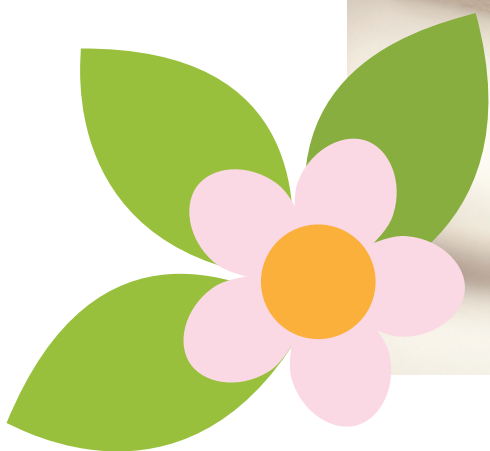
- Avoid noise and light at your baby's bed space and cover their eyes during any procedures requiring extra light.
- Avoid placing pictures in your baby's bed.

Touching & Holding

- Touch your baby with continuous gentle pressure. Do not stroke, rub, pat or make any sudden movements.
- Contain your baby by placing your hands around their head and bottom.

Feeding

- Use a swab dipped in your colostrum or human milk to gently coat the inside of your baby's mouth.
- Hold the syringe containing your baby's milk while it drips into your baby's feeding tube.



26-27 WEEKS



(In addition to the activities on the previous pages)

Providing Appropriate Stimulation

- Your baby knows your voice better than any other. Talk, sing, or read to your baby quietly for short periods of time. Stop if your baby shows any signs of stress.

Touching & Holding

- Before interacting with your baby, wake them slowly by placing your hands gently around them.
- Prepare your baby for touch by speaking to them in a soft voice.
- Contain your baby by bringing their hands to their face and applying gentle pressure to their chest and hands.
- Calm your baby by placing your finger in your baby's hand for them to hold.



Positioning

- Your baby should generally be positioned in a fetal position with hands and legs curled up, as if in the womb.
- Help your nurse provide boundaries around your baby to keep them calm, curled, and contained.

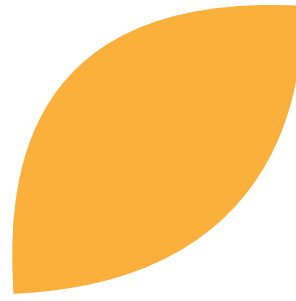
Diapering & Cares

- Take your baby's temperature and change their diaper slowly and gently.
- Provide boundaries around your baby's body during temperature taking and diaper changes to keep these cares from being stressful events.

Feeding

- Your baby knows your smell more than anything else! Wear a "lovie" (a square of cloth we will provide to you) inside your bra for 24 hours and bring to the NICU to place into your baby's bed. This will keep them calm and happy and prepare them for the smell & taste of your human milk when it's time to eat.
- Offer your baby a pacifier. Your baby will likely suck on it for very short periods (a few sucks at a time). They will need your help to keep the pacifier in their mouth.
- Hold your baby in your arms during tube feedings.

28-29 WEEKS



(In addition to the activities on the previous pages)

Providing Appropriate Stimulation

- Continue to protect your baby's sleep!
There is a lot of brain development happening at this age.

Diapering & Cares

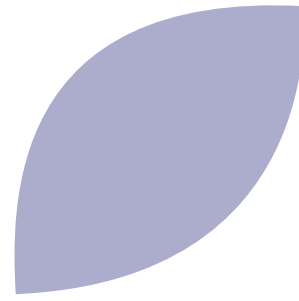
- Help your nurse give your baby a swaddled sponge bath.

Feeding

- Help your baby get ready for feeding by dipping their pacifier in your expressed human milk or formula and encouraging them to suck on it.



30-31 WEEKS



(In addition to the activities on the previous pages)

Providing Appropriate Stimulation

- Your baby can see a distance of 10-12 inches and is most interested in faces. Encourage your baby to look at your face for short periods of time. Stop when your baby starts to show signs of stress or gets drowsy.
- Your baby will start to have short periods of awake/drowsy time. Use these times to calmly interact and care for your baby.

Touching & Holding

- Encourage your baby to grasp your finger.

Positioning

- Swaddle your baby to keep them calm and to help them sleep without interruption.

Diapering & Cares

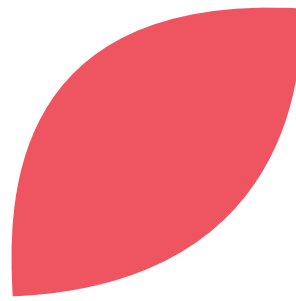
- With your infant's nurse, give your baby a swaddle tub bath, using a special swaddle tub and blanket.

Feeding

- Stroke your baby's mouth to help them practice sucking. Your baby's physical therapist can help you learn this skill.
- Offer a pacifier during tube feedings.
- After you have pumped, help your baby practice latching onto your breast. Allow them to suckle there as they would a pacifier.



32-33 WEEKS



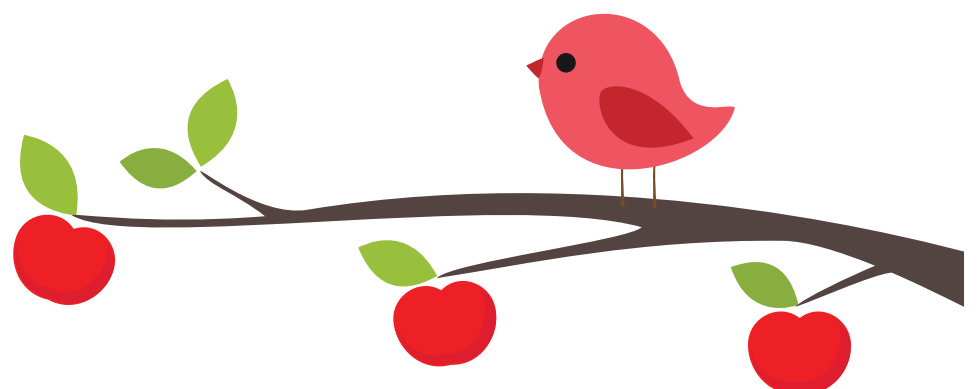
(In addition to the activities on the previous pages)

Touching & Holding

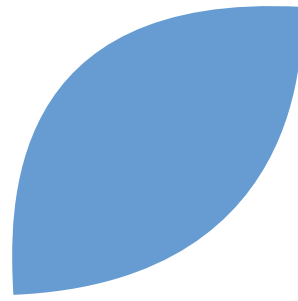
- Practice providing massage to your baby with the help of your baby's physical therapist.

Feeding (33+ weeks)

- Practice feeding your baby by breast or bottle when they are ready. See the Infant Driven Feeding Handout for details.
- Plan to spend extra time in the NICU when your baby is ready to practice breastfeeding, if interested.
- During feeding your baby's room should be calm and quiet so that they only need to focus on sucking, swallowing, and breathing.



34-40 WEEKS



(In addition to the activities on the previous pages)

Providing Appropriate Stimulation

- In general, your baby can tolerate gradually increasing levels of appropriate stimulation. Use their awake times and stress cues as a guide.
- Encourage your baby to look at your face for longer periods of time. Stop when your baby falls asleep or shows signs of stress.

Positioning

- As your baby's condition allows, place your baby to sleep according to safe sleep guidelines.

Feeding

- Begin feeding your baby with your preferred home bottle, unless your therapist has suggested a specific bottle for your baby.
- Practice mixing the milk you will give to your baby when they go home.

