

## Neurodevelopmental Care

When your premature infants are in the Neonatal Intensive Care Unit, we provide neurodevelopmental care information about how you can be involved to support your baby in comforting ways.

Neurodevelopmental care involves positioning, proper touch, low lights and soft voices to avoid overstimulation. These practices help your baby to develop better as well as to improve the bonding with you. When your baby is ready, the physiotherapist will proceed to teach you on how to perform infant stimulation in a proper method.

## Contact Us

Should you have any questions for your Physiotherapist, please approach any of the nurses to arrange for an appointment.

# Knowing Your Baby's Cues

## Preemies Neurodevelopmental Guide For Parents

# Signs of Stress and Readiness to Interact

**I am easily startled. When I am overstimulated I may...**

- Arch my neck and back
- Change colour
- Cry, fuss or struggle
- Straighten my arms
- Splay my fingers
- Protrude my tongue
- Hiccup or yawn
- Spit up
- Have rapid and shallow breathing

**Please help me by...**

- Keeping my arms and legs bent and close to my body
- Asking my therapist/nurse if I'm ready for touch
- Containment hold
- Firm, still touch
- Holding your finger
- Covering my incubator to keep it darker inside
- Talk to me quietly before you touch me
- Doing kangaroo care when I am more stable

# Interactions

## Containment Hold



Place one hand on my head, and the other hand gently bend my legs into flexed position.

Patting, stroking or light touch might upset me

## Positioning



I feel secured and comfortable sleeping in the positioner or towel nesting.

You can still perform still touch by putting your hand firmly on my body.

## Kangaroo care/ Skin-to-skin



Ask my therapist/nurse if I am ready. Hold me firmly against your bare chest. This will be a good bonding time with you and it helps with my health!