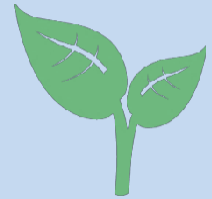


# Helping Your Baby Grow and Develop in the NICU



*The **NEO rehab program** for premature  
infants at risk for cerebral palsy.*

# Interventions to Help your Baby Grow and Develop

INTERVENTIONS	Corrected Gestational Age (completed weeks)				
	23-25	26-28	29-32	33-36	≥ 37
Vocal soothing	—————				
Scent exchange	—————				
Comforting touch	—————				
Skin-to-skin care	.....	—————			
Infant massage			.....	—————	
Physical therapy				—————	

# Vocal Soothing

*Your baby recognizes and prefers your voice*

- Use your native language in various intonations to express your feelings and emotions to your baby
- Maintain eye contact if your baby is awake



# Scent Exchange

*Your personal scent has a calming effect on your baby and can diminish distress and reduce crying*

- You will receive **cloths to exchange scents** with you baby
- At the beginning of first visit:
  - Place 1 cloth under your baby's head
  - Place 1 cloth in your bra
- At the end of first visit, exchange cloths
- Exchange cloths at each subsequent visit
  - Ideally every day



*\*Cloths will be removed every 48 hours or when visibly soiled*

# Comforting Touch

*Your touch can improve your baby's stability and reduce pain and agitation*

- When **your baby is in distress** (after suctioning, lab draw, diaper change, etc)
  - Place your baby's arms over their chest, then firmly but gently place your hand on top
  - Use other hand to contain your baby's feet, lightly drawing the knees towards the chest
- **Anytime**
  - Hold your finger on the tips of your baby's fingers to induce the grasp reflex



# Kangaroo Care Plus

*Skin-to-skin contact can stabilize your baby's vital signs, reduce distress, and encourages bonding*

- Your bedside nurse is a good resource for deciding when your baby is ready for kangaroo care
  - Plan *ahead of time* with your bedside nurse
- **Minimum time = 1 hour**
- When you hold your baby skin-to-skin, use gentle touch, vocal soothing, and eye contact as previously described



# Infant Massage

*Massage can improve your baby's weight gain, bone mineralization and decrease stress level*

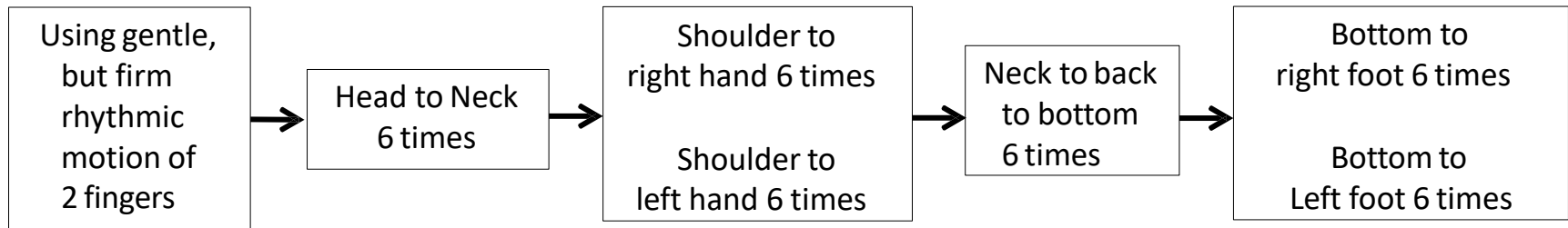
- Your baby might be ready for massage by 29 weeks corrected age
  - Discuss when massage can be started for your baby with the research team
- Duration:
  - 15 minutes two times per day
  - At least 2 hours apart
- Occurs in 2 phases:
  - Please see next page for technique



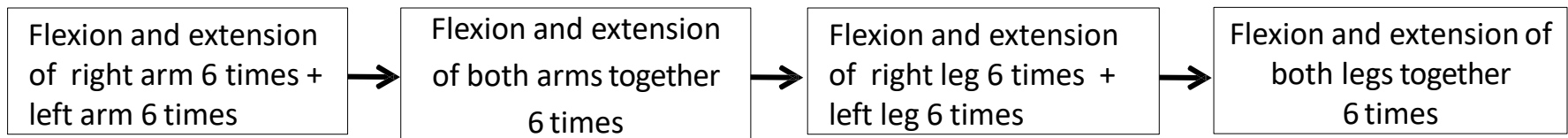
# Infant Massage



- *FIRST PHASE: place your baby on their belly*
  - Complete the following cycle twice, resting 1 minute in-between
  - Maintain contact once starting



- *FIRST PHASE: Place your baby on their back*
  - Complete the following cycle once





# Physical Therapy

*Physical therapy can improve your baby's motor skills and possibly decrease your symptoms of anxiety*

- The goals of physical therapy are to help you baby with developing:
  - Postural control
  - Head control
  - Midline orientation
- Physical therapy sessions occur:
  - Twice a day for 10 minutes
  - Starting at 34 weeks until discharge
- A physical therapist will instruct you on how to perform these interventions

***Please ask your bedside nurse to contact a research team member at any time if you need additional instructions on how to perform any of these interventions.***