

CREATING CONNECTIONS

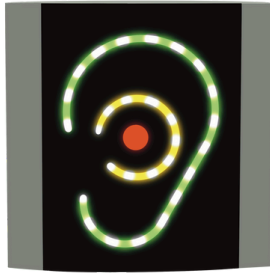
Looking After Your Baby's Sensory Needs

Your baby will have many different sensory experiences while on the neonatal unit.

These are some of the things you can do to support your baby's comfort, sleep, feeding, growth and development.

NOISE Your baby's room may seem quiet; this is to protect your baby's developing hearing. Everyone can help to keep noise levels low by:

Keeping an eye on the 'Ear' Noise Meter
Only the green line should be lit up most of the time
If the centre red light is lit it is too noisy



Talking quietly

Gently opening and closing doors gently e.g. incubator doors, drawers, bin lids

Avoiding knocking or tapping on the 'glass' of the incubator or cot

LIGHT We can all protect your baby's developing eye sight by:

Using eye shields for protection during procedures requiring direct light

Using incubator covers and keeping the lights dimmed in intensive care

Staff can guide you with when and how to let your baby experience natural light



MOVEMENT Help your baby adjust to life outside the womb by:

Preparing your baby for movement with a few quietly spoken words, followed by gentle touch with warm hands

Moving your baby slowly and gently whenever a change of position is needed

Ensuring your baby spends time lying in different positions each day



NORNET
northern neonatal network

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SMELLS & TASTES The smell of you and your breastmilk has a calming effect on your baby and can help you bond together

Use breast milk for mouth care to give your baby a pleasant taste experience

Miniboos allow you and your baby to smell each other whenever you are apart to comfort you both and help you bond



Keep strong smells away from your baby to help your baby to focus on you

Keep one Miniboo against your skin and one close to your baby and swap them over every day

PAIN & STRESS Help your baby cope with pain and reduce their stress through:

Curled-up position in a nest

Miniboos

Skin-to-skin cuddles

Something to suck on

Parents being there

Talking, reading and singing quietly to your baby

Finger holding

Hand hugs

Undisturbed sleep



The very best place for your baby is having skin to skin cuddles with you

