

SUPPORTIVE BUNDLE OF CARE



Be with your baby:
You are part of your
infants treatment!

1. **Skin-to-skin:** Hold your baby skin-to-skin as much as possible. The whole family can join in the fun. Be careful though - if you are feeling sleepy, place your baby in the bassinette.
2. **Feed on Demand:** If you can, feed your baby breast milk and feed on demand. This means don't watch the clock; watch the baby for feeding cues.
3. **Calming Techniques:**
 - **Swaddle:** Tightly wrap your baby to help soothe them. Ask your nurses to show you!
 - **Pacifiers:** non-nutritive sucking
 - Shooshing
 - Slow, rhythmic up & down movements
4. **Quiet room:** keep the noise level as low as possible by limiting visitors, asking your adults friends and hospital staff to speak softly. keeping the TV volume low, talking on the phone quietly
5. **Dim the lighting** in your room.
6. **Cluster care** – ask your providers to group things together that need to be done to limit the interruptions to your baby.
7. **Medications** – Half of babies require medication to help with their withdrawal, to allow them to sleep, eat, and be comfortable.