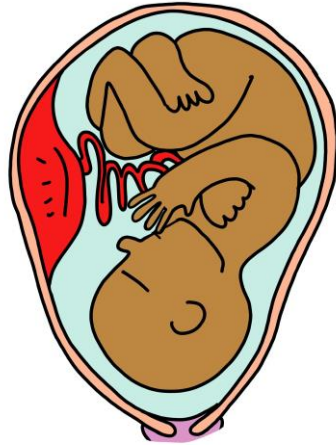




Baby's brain at **24 weeks**



Baby's brain at **38 weeks**

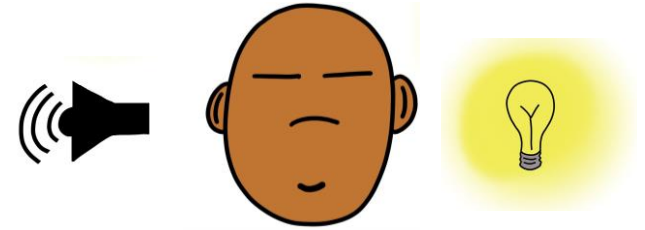


Before a baby is born, he lives in a protected environment (**soft, warm, dark and quiet**). When the birth is too early, he's unprepared for the stimuli of the outside world. This causes harmful stress.

THERE ARE **THINGS** WE CAN DO TO HELP A PREMATURE BABY REDUCE THAT STRESS:

1- Decrease ambient noise and light

Remember: eyes and ears are not fully developed,



2- Promote kangaroo mother care and breastfeeding



Skin to skin care is the closest environment to being inside the womb.



3- Careful manipulation and positioning

Containment increases security, calm and self-control. It helps a healthy development and avoids malformations.



4- Decrease pain and stress

Babies are very sensitive to pain and this may affect their cognition and learning.



Promote non-pharmacological measures: sucking, swaddling, containment, kangaroo care, drops of milk...)

5- Support family integration



Reduces stress of parents and improves their bond with their children.



SOME TIPS

ON HIS BACK

positioning



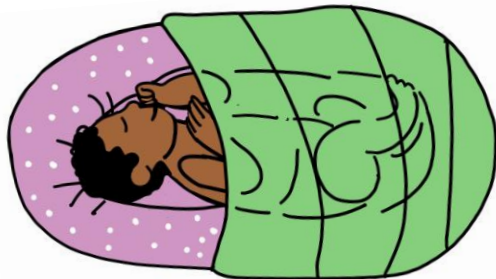
Create a nest using a **rolled towel**. Baby will feel supported as in the womb.

You can use a thin blanket or bands to facilitate **containment**.

Make sure the towel reaches at least shoulder height.



ON HIS SIDE



Promote flexion, middle line and hands close to the mouth.

handling



Body **wrapped and contained** between hands. Baby on his side. Use slow movements.



parents



Speaking softly, reading stories or singing songs have a positive impact on neuro development and bonding.

sleeping

Quiet sleep provides a better brain development (growth of neurons and connections). Protect his sleep with **dim lights and quiet sounds**.

Touching and calming down

Put your hands carefully but firmly on the baby's head and bottom. The child likes this pressure with a firm hand. As you give these "hand hugs", you can talk or sing softly. Watch out for signs of distress.

