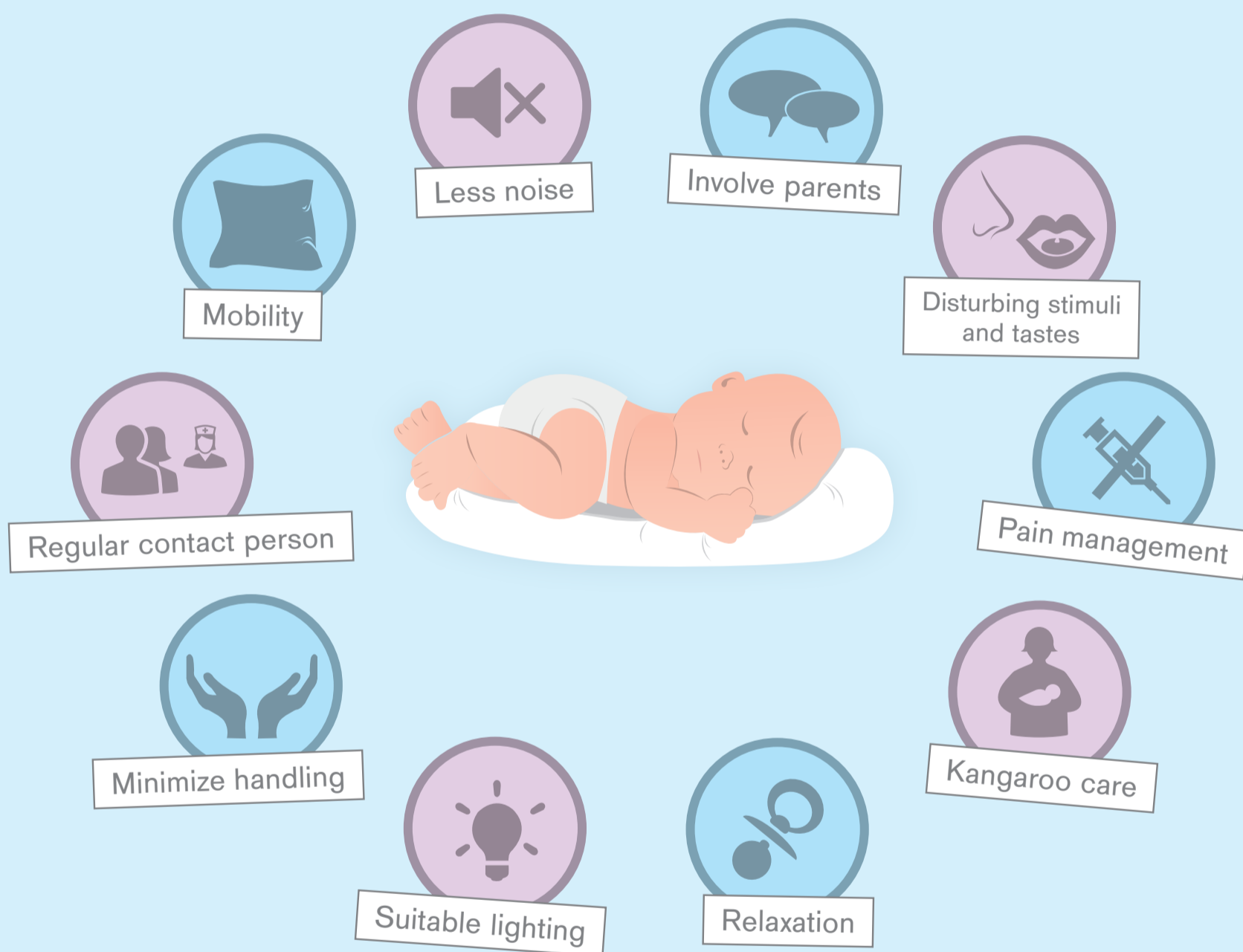


# 10 Developmental Care Tips

Developmental care focuses on two key principles: first, family centred care, which emphasizes how important the parents are to the baby's development – even with the smallest premature babies. Second, recognizing the signals given by premature babies in order to be able to respond to their needs.



**Less noise:** Speak softly and move quietly, do not put anything down or rest anything on the incubator, close devices carefully, monitor noise levels.

**More suitable lighting:** Ensure that the light is not too bright and that it dims in cycles so that the baby learns to experience a day/night rhythm. Use incubator covers or sleeping masks.

**Pain management:** Avoid or minimize painful treatment. If this is not possible, administer pain management that is suitable for the baby.

**Minimize handling:** Allow the baby periods of undisturbed sleep, for example by bundling routine tasks like taking blood pressure measurements, and keeping regular checks to a minimum.

**Minimize disturbing stimuli:** Also, keep other disturbing influences, such as strong smells and tastes, to a minimum.

**Involve parents:** Grant parents as much independent access to their baby as possible, involve them in decisions and give them information in clear and easy-to-understand terms. Parents should perform as many tasks as possible by themselves.

**Relaxation:** Let the baby relax as much as possible, for example, by sucking on a pacifier or a cotton swab dipped in sucrose or a finger – this makes it easier to transition from tube feeding.

**Kangaroo care:** Enable and facilitate, for example with quiet, separate areas and comfortable, adjustable armchairs.

**Regular contact person:** Always try to plan to have the same staff member assigned to each premature baby.

**Mobility:** Define the boundaries for the baby, for example by using a cot bumper or thin sheets.