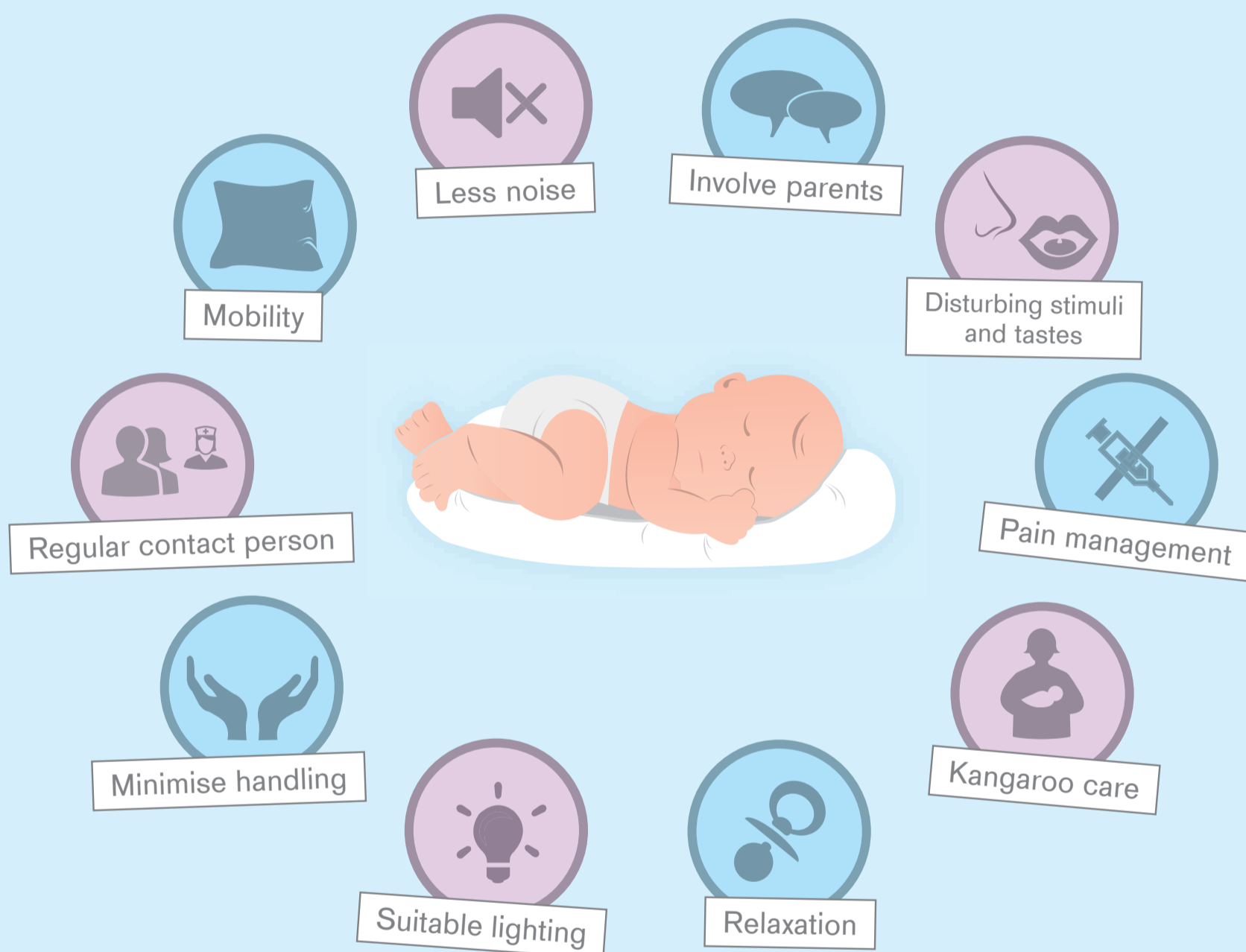


10 Developmental Care Tips

Developmental care focuses on two key principles: first, family centred care, which emphasises how important the parents are to the baby's development – even with the smallest premature babies. Second, recognising 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 minimise painful treatment. If this is not possible, administer pain management that is suitable for the baby.

Minimise 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.

Minimise 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.