



Developmental Care

THE BASICS

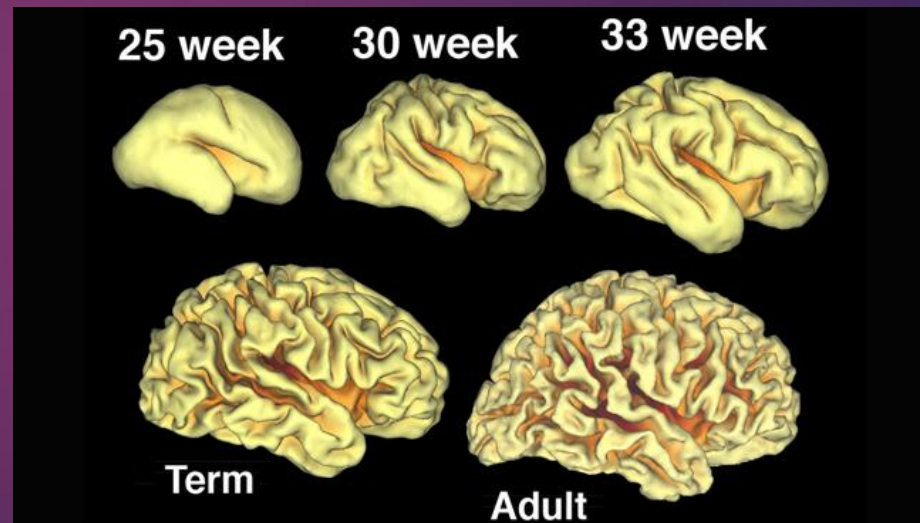
Developmental Care Basics

- ▶ What is Developmental Care?
 - ▶ Premature babies' (preemies) brains are very delicate. The best place for your baby and their brain to grow is inside of their mother where it is warm, quiet, and dark. When that is not possible, the next best place is a NICU.
 - ▶ Preemies have a higher risk of having problems in areas like language, behavior, or even learning, but how you and we provide care can affect babies' brains in a positive way decreasing some of the risk.

Developmental Care Basics

- ▶ Brain development is occurring with all babies at all times in the NICU
- ▶ The younger your baby, the more development is taking place and the more adaptations we need to make with our care and interactions.
- ▶ Giving preemies care based on their gestational age and growth can help is called “developmental care”. This type of care lowers stress on your preemie, and can lower or even prevent some problems later in life.

What Does Your Babies' Brain Look Like?



Developmental Care Basics

- ▶ Although your baby can not talk to you, he/she can help you learn what he/she likes and doesn't like by how he/she respond to the environment.
 - ▶ Is he/she stressed?
 - ▶ Is he/she calm?
 - ▶ Is he/she learning?
 - ▶ Does he/she like being touched on his/her head? back? hand?
 - ▶ Does he/she not like being touched on their feet? arms? legs?

Developmental Care Basics

- ▶ In upcoming lessons, you will be learning specifics of developmental care that you can provide every time you interact with your baby. These lessons include:
 - ▶ Readiness and stress signals
 - ▶ Appropriate touch and Positioning
 - ▶ Exposure to light and sound
- ▶ It is important to remember **everything you do to interact with your baby affects their brain development.**
- ▶ Keeping developmental care in mind for every activity you do, will help ensure the best possible learning and long term pathway development for your baby's brain
 - ▶ Neurons that Fire Together Wire Together

