



Positive Touch in NICU



Sick or premature babies in NICU have many people touching them in many different ways. The touching can often be stressful, uncomfortable and upsetting for them.

Each baby is different and as your relationship with your baby develops you will learn together what helps to soothe and calm your baby.

When you touch or hold your baby, you do it to help your baby feel calm, cared for and loved. They will get to know that you're the one who touches and holds them in this special way.



Touch for babies is a way of communication for parent and child and they can feel comforted by the skin to skin contact and gentle touch of a parent

Benefits of Positive Touch

1. Helps baby to sleep better as it helps relax them.
2. Helps you understand your baby's cues.
3. Can help relieve the symptoms of pain experienced during some procedures i.e heel prick.
4. It is a special time for you and your baby which helps strengthen your relationship.

love

Getting started on Touch.



Starting Small

Something simple like holding your baby's hand or letting them hold your finger. It is best to do this on its own with no talking/singing as this can be overstimulating.



Comfort Hold.

Deep touch - place cupped hands on your baby's head, feet, bottom or back and keep them there with constant pressure. Your baby may enjoy this type of hold some of the time and not always. Watch your baby to see if they prefer one kind of touch better than others.



For premature babies it is a good idea to avoid stroking, patting or tickling your fingertips across their skin, in the beginning this can be overstimulating and painful to their sensitive skin.

Kangaroo Care

Simply holding your sick or premature baby in an upright position, skin to skin, on your chest. Your baby's nurse will place your baby on your chest and cover them with a blanket. You sit back, relax and listen to your baby's breathing and feel them relax into you.

