

## Parents and Caregivers

**Baby's Name:** \_\_\_\_\_

**Parent/Caregiver Names:** \_\_\_\_\_

Parents and caregivers play an important role. You are part of the care team for your baby, in addition to the doctors, nurses, feeding/lactation specialists, etc.

If your baby is having difficulty with sleeping, staying calm, or eating, please speak to your care team. Here are some things you can try:

| <b>Baby Care</b>   |  |
|--|--|
| <b>Parent/Caregiver Contact</b>  |  |
| Use skin-to-skin contact and/or hold baby. (Do not hold baby if you are sleepy. Instead place baby in the crib on his/her back.)                                   |  |
| Swaddle with a blanket.  |  |
| Position hands near mouth or use a pacifier to allow baby to suck for comfort.   |  |
| <b>Environment</b>   |  |
| Quiet environment  |  |
| Dim/low light environment  |  |
| Limit the number of visitors.  |  |
| Avoid too much stimulation or frequent handling. (Example: Avoid rocking/swaying too much during a feeding. Let baby sleep once he/she has fallen asleep.)         |  |
| <b>Feeding</b>   |  |
| Work with a nurse or feeding specialist if he/she is having trouble eating.  |  |
| The medical team is monitoring growth - feel free to ask about this. Some babies may need extra calories to grow or may need feeding changes to improve digestion. |  |
| <b>Skin Care</b>   |  |
| Use diaper cream with diaper changes.  |  |
| <b>Other</b>   |  |
| Other things that help my baby:<br><br>_____   |  |