

# SMART caregiving

## An opportunity to support Baby's development

### SENSORY

**make cares a nurturing sensory experience**

- Does the light need to be lower?
- Is it as calm and quiet as possible?
- Talk before you touch – one sensory input at a time.
- Does baby look comfortable?
- Use your hands to give gentle and supportive touch during cares.

### ATTENTION AND REGULATION

**the beginning of learning and communication**

- Talk to baby before starting the cares so they know you are there – this is how babies learn to anticipate something is about to happen and learns about routines.
- Talk in a quiet voice about what you are doing.
- Support baby to bring their hands to the middle or to their face – this helps them feel calm and relaxed.



### MOTOR

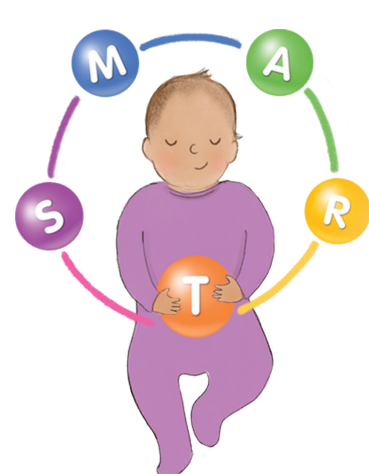
**movement shapes motor development**

- Skin to skin will support baby get used to different positions and is a great way to give care.
- Use your hands or little rolls to keep baby's movements contained and supported during cares.
- Approach baby from different sides when doing cares.

### RELATIONSHIPS

**the basis for learning and well being**

- Give yourself and baby time.
- Parents know their baby best.
- Parents are the most important part of baby's care team.
- Babies love to see your smiles.



**TOGETHER** Staff and Parents working TOGETHER to help care for every baby.

We hope the EiSMART framework of Sensory, Motor, Attention and Regulation and Relationships TOGETHER helps you think about how best to support baby's development in the neonatal care environment.

