

Talking to your preterm baby

Younger than 32 weeks

Babies will show you when they are ready to "talk" to you.



Preterm babies younger than 32 weeks gestational age will sleep most of the time. Sleep is good for your baby and deep sleep helps your baby grow.



Your baby knows your voice and will respond to you when they are ready. In order to let your baby know you are there **TALK GENTLY BEFORE YOU TOUCH THEM.**

Your baby will like **SLOW GENTLE HANDLING** with good physical support.



The nurses will help you to hold your baby close and have skin-to-skin.

Provide one type of stimulation at a time to begin with such as either touching or talking. Watch how your baby reacts and see if your baby is ready for more.



Avoid loud sounds and noise: quiet singing and talking softly to your baby is felt to be calming and reassuring for your baby.

Put your finger in your baby's hand to hold. You do not need to make eye contact at this stage because your baby may not be ready yet.



For more information:



A better start for babies

Sensory

Motor

Attention/Regulation

Relationships

Together

EiSMART – promoting and enhancing your child's development.

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