

# All About Me

## Premature babies with immature senses

### Common Premature Stress Signs



- Finger/toes spread wide (splayed)
- Hiccups
- Wide eyes (help me)
- Frequent yawning
- Frequent sneezing
- Pursed lips (kiss lips)
- Turning head away

### Sound

- Talk softly to me (before touching me)
- Headphones or low volume in patient rooms (limit speakerphone/video chat)
- Soft nursery rhymes or relaxation music (can soothe me)



### Smell



- I like the smell of my mom (scent cloth)
- Breastmilk (treat like liquid gold)
- Strong smells may bother me (lotion, perfume, smoke)

### Touch

- I like boundaries (positional aids)
- Kangaroo care (hold me skin to skin)
- Cup my head and feet with your hands with a gentle firm touch (hug touch)
- Static touch — hold my hand/feet (stroking can disrupt my nervous system)
- Sleep is vital for my brain development
- Always wash your hands or use hand sanitizer before touching me



Please ask my nurse and therapy friends for more information.