

Tips for interacting with me when...

I am under 32 weeks old

- I am usually awake only for short times and sometimes I don't even open my eyes.
- Before interacting with me, make sure I am awake by checking to see if my movements are smooth and not sudden. I could also be sucking my pacifier or fingers.

I am 33 to 40 weeks old (term)

- You'll know when I am ready to interact in the same ways as when I was younger, but usually my eyes are open and I will be alert to the lights and sounds around me.
- My legs will be flexed and my hands close to my mouth.

I am 40 weeks (term) to 4 months old

- I am most interactive when I am awake, calm, with my eyes open, and paying attention to what is happening around me.

As I grow and develop

- Over time, I may be able to enjoy doing activities more often and for longer periods.
- It is important to go at my pace and do activities that are right for my age.

If you have questions

Please come to one of our developmental stimulation workshops for NICU parents or watch our educational video.

You can also ask your team to speak to one of our developmental specialists.

About me

My name:

My favorite book:

My favorite song:

Signs I'm having fun:

Signs I need a little break:

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Interdisciplinary Team.



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How to interact with me

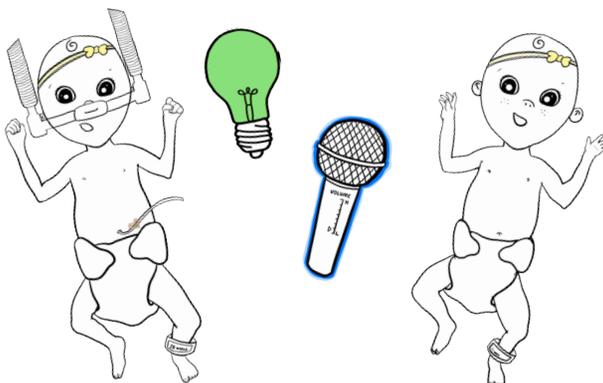


When I am under 32 weeks old

- **Talk to me** – I won't be answering you for quite a while, but I'm listening!
- **Softly sing** your favorite lullabies and songs to me. Hearing them regularly will help me tune into our beautiful language.
- **Read me a story** – Don't worry about showing me the pictures. For now, I just love hearing you do the funny voices.
- **Skin-to-skin contact** (Kangaroo care or modified Kangaroo care) – Who knew that this amazing cuddle could also help my development!

When I am 33 to 40 weeks old (term)

- **Let's get some "face time" together**
 - I like it when you look at me and smile
 - If I make a face, let me know that you saw it by imitating me
- **Make eye contact with me** – This may sound easy, but it can actually be overwhelming, so please be patient with me
- **Sing and talk to me** – Use specific songs during my daily activities like diaper changes and bedtime. When I hear the song, it helps me better prepare for what's coming.
- **Let's read together** – This helps me build my love for books.
- **Skin-to-skin contact** (Kangaroo care) – This is still so important! I may even be ready for you to combine it with a lullaby or with story time.



When I am 40 weeks (term) to 4 months old

- **Let's get more "face time" together**
As I learn how to make eye contact, to smile and to make different sounds to communicate, support me with your smiles and facial expressions.
- **Smile and talk to me** – Let me know what you're doing with me (ex. "We're pulling your hand through the sleeve").
- **Observe and describe my emotions** – You can say things like "You are so happy now!" or "You look upset, what's the matter? Let's figure it out together". This will help me connect with you and feel understood by you.
- **Make lively faces** when you talk to catch my attention.
- **Imitate my sounds and expressions** like when I say "eeeeee" or "aaaaah" or when I make faces or smile.
- **Sing my favorite songs to me** – Use my name and sounds I like to make. I may eventually try to "sing" along!
- **Let's read together** – Point to the pictures in the book and encourage me to look and try to touch them.