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اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگرآپ اِس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اِس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Supporting Your Baby's Development 30-32 Weeks Gestation

Neonatal Intensive Care Unit

Patient Information

Supporting Your Baby's Development 30 – 32 weeks gestation

Congratulations on the birth of your baby. Having a baby in a Neonatal Unit can be frightening but this leaflet will tell you a little about what to expect from your baby at this age and importantly, how you can help their development.

It is not designed to replace information you will get from your baby's doctors, nurses and therapists. If you have concerns or questions about your baby's development please talk to the Neonatal staff.

All babies are individuals and each one will develop at a slightly different rate. Your baby's development will be affected by gestation at birth, how much they weigh and by how well they are. Each baby's genetic make-up will also play a part in how they develop and mature. In the womb the baby will experience a variety of sensations – some pleasant, some not so pleasant. The baby will move around in the amniotic fluid and be able to get hands to mouth. They will hear their mother's voice and other sounds from outside. The baby will sleep and be active according to mother's daily pattern of activity.

The newborn preterm baby has to quickly accommodate to their new surroundings. These surroundings affect behavior and development and it is important that we recognize how your baby reacts and how we can help their development to progress.

What you can do to help

Allow your baby as much peace and quiet as possible. Talk to your baby when they are awake. You may like to sing to them or to read from a book. Keep still if your baby is looking at you as they may find it difficult to follow a moving object.

Be patient and watch your baby when they are calm and when they appear to need rest. You will soon learn to recognize your baby's individual cues. Don't rely on the monitors – learn to understand your baby!

For more information see the Bliss Baby Charity website at:-

www.bliss.org.uk

or phone 0500 618140

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.
If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Your baby should have a nice deep boundary around them so that they can have something to snuggle into. This boundary may be a rolled blanket, a 'bumper' and/or a fabric 'nest'. Your baby will settle and rest better if they are well-positioned. When your baby is lying on their side, leave a gap in the boundary near to their face so that they can 'look' out.

Nappy changing / Bathing

Nappy changing can be disturbing for babies of this gestation. Your baby may soon be ready for their first bath.

What you can do to help

Try to provide a boundary when you change your baby's nappy. Move your baby gently and slowly and don't lift their legs too high. Your baby may cope best with bathing if they are wrapped and placed gently into warm water, (swaddled bathing). Ask your baby's nurse to show you what to do. You should be able to do your baby's first bath as this is a special occasion.

Social

Your baby may be ready for some special interaction. They may being to briefly alert or 'still' when they hear your voice. If their eyes are shaded from the light they may briefly 'look' at you.

This is a time when your baby's brain is growing at a very rapid rate and it is important that what we all do and how we do it is as developmentally appropriate as possible.

Your baby is 30 – 32 weeks gestation (about 8 - 10 weeks early).

At this age your baby's senses are immature. Because your baby is so small, care will be very specialized. Your baby needs gentle touch, dim lighting and as little noise as possible.

The Neonatal Unit staff will help you to care for your baby. Always ask the nurse looking after your baby about their condition before you touch or handle. Ask if you need help or you don't understand what is happening.

Touching and holding

You may see some smooth movements as your baby moves. Their legs will generally be flexed (bent) when resting. Your baby's skin is sensitive to touch.

What you can do to help

Speak to your baby softly before you touch your baby.
Hold your baby still rather than rocking them. Try not to stroke as very small babies don't like this.

Keep your baby wrapped and close to your body as you move them in and out of the incubator.

Skin to skin cuddles are recommended at this stage if the staff feel that your baby is ready for this and you feel ready to start.

Feeding

You may start to notice your baby 'rooting' and waking up before a feed is due. Sucking and swallowing are becoming coordinated. Your baby may be starting to feed from your breast or from a bottle, but will still have most feeds through a tube. They may be ready to suck a dummy during tube feeds. Hold your baby while they are being tube-fed.

What you can do to help

Begin expressing your breast milk as soon as you can so that it is ready for your baby as soon as they are ready. We aim to give your breast milk within 2 hours of birth. Providing breast milk is one of the best things you can do for your baby. Try to avoid care giving such as nappy changing immediately before a feed as this can tire your baby and make feeding more difficult. Do Kangaroo care as often and for as long as possible as this may help your milk supply.

Sleeping

It is generally easy to tell if your baby is awake or asleep. They will start to show brief 'alert' periods. Deep sleep also develops at about 30 weeks and periods of quiet alertness at around 32 weeks.

What you can do to help

Let your baby have periods of undisturbed sleep. Try not to wake your baby if they appear to be sleeping. Protect your baby's eyes from the light and try to avoid loud noise. Your baby will like to hear your voice and recognize your voice if you speak softly. Try to do cares and interact with your baby during these awake periods.

Positioning

Your baby's movements may be jerky, especially when they are moved quickly and they may have difficulty curling up. This is tiring and uses up energy needed for growing.

What you can do to help

Your baby needs to have their hands close to their face and their legs curled up – like they were in the womb.
Move you baby slowly and avoid sudden movements.