

Babies admitted to the neonatal unit can be reassured by things that remind them of the foetal life. You can use these principles/methods before, during, and after care, or when you want to help soothe your baby. The methods of soothing are facilitated tucking/containment, grasping, sucking and therapeutic touch.

### Facilitated tucking/containment

- Regroup your baby in a foetal tucked-in position (in the incubator, when transferring, during feeding periods, kangaroo care, etc.):
  - The head should be aligned with the body and slightly bent forward.
  - Legs and arms should be bent.
- Place your baby's hands near his/her mouth. Comforting him/her is easier this way, during stressful moments.
- When you place your baby on his/her side, gravity helps you to regroup him/her in the foetal tucked-in position.
- Place your hands on your baby as containment.

### Grasping

- Allow your baby to grab something:
  - Place your finger in his/her hand so he/she can grasp it and know you are near.
  - If your hands are busy, offer him/her a piece of a blanket, a small rolled-up pad, the IV line or a monitor cable.

### Sucking

- Give your baby a pacifier. Sucking can help him/her calm down during stressful situations.

### Therapeutic touch/pressure

- Place your hands on your baby's body to contain him/her, exerting light to moderate pressure, **without moving** (avoid light caresses, superficial massages, tickling, etc.).

#### A set of 11 leaflets

- |                     |                    |                     |
|---------------------|--------------------|---------------------|
| ① The swaddled bath | ⑤ Swaddling        | ⑨ Positioning       |
| ② Kangaroo care     | ⑥ Soothing Methods | ⑩ Massage           |
| ③ Touch             | ⑦ Holding/carrying | ⑪ Cue-based feeding |
| ④ Diaper change     | ⑧ Transfers        |                     |



The content of this leaflet is taken and translated from the book *Être parent à l'unité néonatale: tisser des liens pour la vie* (2017) written by Marie-Josée Martel and Isabelle Milette in collaboration with Audrey Larone Juneau, inf. CHU Sainte-Justine.

Reproduced with the permission of the Éditions du CHU Sainte-Justine.

Translation: Isabelle Milette

## PARENTING IN THE NEONATAL UNIT

# Soothing Methods

Leaflet **6**



Soothing Methods

In the mother's womb, your baby is in a foetal tucked-in position and bathed in amniotic fluid. He/she can practise sucking and grasping the umbilical cord.

These elements allow your baby to feel safe.