

# The FINE 5 Steps to Caring for Your Baby

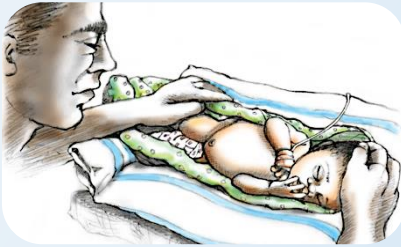


When babies are born early or need hospital care, they enter an unfamiliar environment that may affect their development. Follow these simple steps to make every activity with your child an opportunity to nurture their development, to connect and build confidence together.



## Step 1 Prepare

- Choose a good time for your baby's care and everyone involved in the activity.
- Check that you have everything you need ready.
- Look for a second pair of hands.
- Aim for a calming environment.



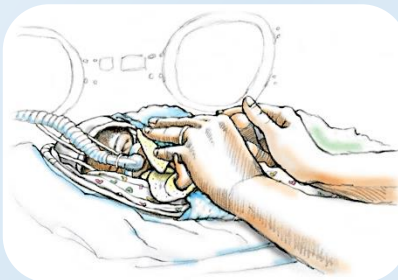
## Step 2 Approach

- Always watch and speak before you touch your child.
- Warm your hands to make touch more comfortable.
- Still, resting hands help your baby settle and relax before the activity begins .



## Step 3 Tune in

- Watch your baby to see how they are feeling.
- Stay connected, talk to them and look out for changes.
- Pause when your baby looks for you and enjoy the moment.



## Step 4 Adapt

- Move slowly. Pause if your baby seems unsettled.
- Adjust their position to make them comfortable.
- Discover what they find soothing, such as your touch, your voice, grasping or sucking.



## Step 5 Conclude

- Make sure your child is comfortable and calm.
- Lower your voice and slowly move your hands away.
- Watch over them until you are sure they are settled.



Each of us is unique, shaped by early experiences, even before birth. When your baby arrives early or needs hospital care, you can provide many experiences that help their growth and development.

## Growing - Body and Brain



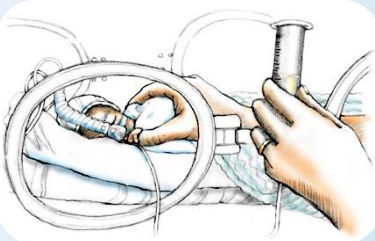
### Skin-to-Skin and Touch

- Your touch will feel special for your baby.
- Being close to you in Skin-to-Skin, helps your baby to sleep, grow and develop in every way.
- Hold them as often and for as long as you can.
- Skin-to-Skin helps with your milk supply.



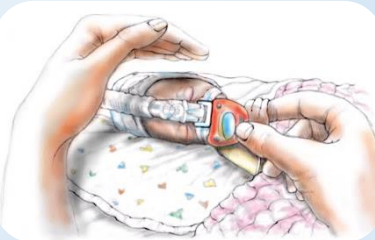
### Familiar voices

- Hearing your voice helps your baby to know you are close by and there for them.
- Listening to you speak helps with language development.



### Digestion

- Your baby digests food best when they are relaxed.
- Watch and feel what is the best pace and rhythm for their feed, pause if they show signs of discomfort.
- Feeding is an important time to connect with your baby.



### Comfort

- When you are there to comfort your baby, they find it easier to cope with experiences that can be upsetting.
- Your calming voice and touch support their development.



### Movements

- Ask for advice about ways to position your baby that will help them to develop healthy movement patterns and find ways to soothe themselves.



### Sleep

- Sleep is important for brain development.
- Protect your baby from unnecessary interruptions.
- Still hands and a low voice will help your baby to settle to sleep.