



## Dear Neonatal Therapist

*Top 10 ways you can help me.....*



*I am so lucky.....I have YOU taking care of me!*

Facilitate sleep as much as possible so my brain can grow & develop.

Position & handle me slowly and keep me comfortable.

Give me feed while considering my cues.

Talk to me before you touch me & keep bright lights, loud noises away from me.

Touch me, nurture me, and show my parents how to massage me.

Give me oral motor stimulation.

Make me alert when it is required.

Give me exercises so that I will be healthy baby.

Encourage my parents to do skin to skin care with me.

Help me get to know my parents.

Department of Occupational Therapy, Seth GS Medical College, KEM Hospital, Mumbai.

*In association with*

Association of Neonatal Therapists ([www.neonataltherapy.org](http://www.neonataltherapy.org))