

# Top 10 Ways You Can Help Me



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

1

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

2

Position and handle me slowly and keep me flexed, aligned, contained, and comfortable.

3

Use the Infant-Driven Feeding™ program method of care.

4

Talk to me before you touch me and please keep bright lights and loud noises away from me.

5

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

6

Help me suck on my hands or pacifier to keep me calm.

7

Use non-toxic products when you can.

8

Swaddle me during all my baths.

9

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

10

Help me get to know my parents.