



MICQI NON-PHARMACOLOGICAL CARE BUNDLE

TAKING YOUR BABY HOME

THINGS YOU CAN CONTINUE TO DO TO HELP YOUR BABY BE CALM AND CONTENT

I'M EASILY CONSOLABLE <i>I stay awake longer and able to be calm; I sleep longer between feedings</i>	I'M GETTING FUSSY <i>I cry & fuss easily; I startle and wake easily; I may arch my back when I am upset</i>	I'M STRUGGLING TO CALM MYSELF <i>I cry & fuss a lot; I am sensitive to noise; I wake easily; I have a high pitched cry</i>
<ul style="list-style-type: none"> ♥ When I'm awake the lights can be on ♥ Show me a quiet mobile ♥ Read or sing to me quietly ♥ Quietly talk to me in my swing ♥ Take me for a stroller ride ♥ Rock me gently ♥ Continue to protect my sleep times ♥ Put me in my bed to sleep ♥ Always put me on my back to sleep ♥ Help me stretch my arms and legs when I am awake ♥ If I get upset with a new activity, calm me and return to an activity you know I like 	<ul style="list-style-type: none"> ♥ Keep the room quiet so I get good sleep ♥ I may prefer to keep the lights low, but you can try to turn lights on when I am awake ♥ Limit phone calls at the bedside ♥ Quietly sing or read to me ♥ Talk to me in a quiet voice ♥ Offer me my pacifier ♥ Swaddle me with my hands close to my face ♥ Hold me Skin to Skin ♥ Help me stretch my arms and legs when you change my diaper ♥ I may like to be in the swing 	<ul style="list-style-type: none"> ♥ Keep the lights low ♥ Keep the room very quiet ♥ Limit phone calls at the bedside ♥ Have only 1 or 2 visitors at a time ♥ If I am asleep, let me sleep ♥ Talk to me in a quiet voice ♥ Offer me my pacifier ♥ Keep me swaddled with my hands close to my face ♥ Snuggle me close to keep me calm. ♥ Rock me in one direction ♥ Hold me Skin to Skin ♥ I might like soft, rhythmic music ♥ I might like to be in the swing

Please contact your baby's doctor if any of these symptoms return or get worse after discharge. Your baby may experience some of these symptoms for up to 6 months after discharge.

- Constant high pitched cry
- Sleeps less than 2 hours after eating
- Startles easily
- Tremors
- Muscle tightness
- Skin breakdown

- Frequent yawning
- Stuffy nose
- Frequent sneezing
- Fast breathing
- Excessive sucking
- Poor feeding

- Loose/watery stools
- Explosive diarrhea
- Sweating
- Fever
- Muscle jerking
- Vomiting

Contact your baby's doctor if your baby stops eating well