

# Developmental Care for Infants < 29 Weeks



## Head Positioning

- Avoid excessive left or right sided head positioning
  - Q2 to Q4 repositioning after 2 weeks
  - HOB flat for first 2 weeks



## Holding

- Horizontal hold after 1 week
- S2S after 2 weeks when S2S color green or yellow



## Feeding

- Colostrum for oral cares
  - Non-nutritive suck
- Sucrose if  $\geq 28$  wks, max 12 drops/hour



## Activity

- Bathe after 2 weeks with only warm water and no soap
  - Promote rest and sleep
  - Cluster cares as tolerated



## Environment

- Dark environment
- Use eye covers around bright lights
  - Cover isolette with blanket
  - Lighting goal of < 10