

Let's talk about...

Helping Your Baby in the Hospital

Helping your baby in the hospital means trying to keep them comfortable through caregiver presence and sensory soothing (touch, sound, sight, and motion). This can help infants feel less stressed and cope better during their stay.

How Babies Grow and Learn:

- They learn through their senses (touch, sight, and sound).
- They bond closely with their family.
- By 8–10 months, they may be afraid of strangers.
- By 9 months, they may fear being away from family.

What Causes Stress:

- Being away from parents or caregivers.
- Loud noises and bright lights (this can be overwhelming).

Signs of Stress:

- Having a hard time bonding.
- A lack of trust or acting fearful.
- Slower physical or mental growth.

For more information or to connect with a Child Life Specialist, please visit: <http://ucdavis.health/childlife>



Tips for Parents:

(Helpful to coordinate with the nurse to make sure any of the ideas listed below are safe for your baby.)

- **Keep a routine:** Try to follow the same schedule you had at home.
- **Stay involved:** Touch, talk to, and hold your baby as much as possible.
- **Reduce noise and light:** Use soft voices, dim the lights, and keep the room quiet.
- **Use comfort items:** Bring toys that light up, soft music, family photos, or a favorite blanket from home.
- **Information for Staff:** Tell the hospital staff what your baby needs and how they show their feelings.
- **Exploring:** Give your baby time to explore their space when it is safe.
- **Watch for changes:** If your baby's behavior changes, they might be overwhelmed by the lights or sounds.