

Do Massage+ 30, 10, 5

Massage+ 30, 10, 5 is a fun and parent-friendly way to bond with baby!

The research-backed benefits for premature infants include:

- Greater responsiveness to prepare baby for feeding
- More engagement after feeding, during play
- Improved sleeping and feeding habits
- Faster weight gain and growth in length
- Decreased healthcare visits after NICU discharge



The 3 simple steps to Massage+ 30, 10, 5



Step 1: Talk to baby for 30 seconds



Step 2: Massage baby for 10 minutes
Continue to talk to baby throughout



Step 3: Rock baby for 5 minutes
Continue to talk to baby throughout

Scan to watch and learn more about
Massage+ 30, 10, 5



Adapting for baby: If baby has tubes, an IV, or is healing from surgery, avoid sensitive areas while massaging.

Please visit www.Pathways.org to find more FREE resources on child development.



What is a Well-Baby Visit?

An early check-in with your baby's pediatrician to make sure baby is healthy and showing all signs of typical development.

What will you discuss?

- Daily activities like Tummy Time, remaining calm during diaper changes, etc.
- Baby's sleep
- Motor skills
- Feeding
- Any delays or issues with baby's day-to-day activities
- Questions about your baby's care



Parent Tip: Bring a notebook to well-baby visits. Write down questions ahead of time and be prepared to take notes!



Visit Pathways.org for a wide variety of FREE resources.
Be sure to speak to a healthcare provider to learn more about which resources are right for your baby.

Scan for more FREE resources from
Pathways.org!



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www.pathways.org



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Resources to Care for Baby After the NICU



FREE tools to maximize child development

Pathways.org is a 501(c)(3) not-for-profit organization.

www.pathways.org




Download our Baby Milestones and Activities App!



Congratulations, Baby's Coming Home!

You probably feel excited and anxious to bring your little one home from the NICU! Here's how to get baby on the right path.




Remember: there are always ways to adapt! When baby comes home from the NICU, they may have some challenges. Consult a healthcare provider for ways to adapt daily activities.

Sign Up for Our Baby Games Calendar

Age-appropriate games to keep your little one active and on track. The games go through 2 years old, and are delivered weekly via email.





Adapting for baby: Remember to take into account corrected age when entering baby's birthday.

The importance of skin-to-skin contact

While doing daily activities and exercises, skin-to-skin contact can help with bonding.



Start Tummy Time

Tummy Time is a crucial exercise for baby's core strength, as well as motor, visual, and sensory development.

This exercise can help prevent motor delays and conditions like flat head and torticollis.


Try the Five Essential Tummy Time Moves



Tummy Down Carry
Slide one hand between baby's legs and stomach. Use other hand to support baby's head and neck. Nestle baby close to you for comfort and support.



Tummy to Tummy
Place baby on your chest or tummy so baby is face to face with you. Lay down flat or propped up on pillows. Always hold baby firmly for safety.

 Tummy to Tummy is a great opportunity for skin-to-skin contact, to bond with baby.




Lap Soothe
Lie baby face down across your lap when holding or burping. Place a hand on baby's bottom to help calm them.



Eye Level Smile
Encourage eye contact by getting down at baby's level. A blanket can be rolled up and placed under baby's chest for support.



Tummy Minute
Practice Tummy Time in small time increments. Use toys to encourage head turning and visual tracking. Practice after diapering or bathing so it becomes routine.



Adapting for baby: Tummy Time may be challenging for a baby coming out of the NICU. Work with a healthcare provider to see how baby can do Tummy Time safely.

Prematurity and "Corrected Age": What Does it Mean?

When is baby considered preterm?

A baby is premature, also known as preterm, if they are born at or before 36 weeks (4+ weeks early).

If baby is born

before 28 weeks
(12+ weeks early)

they are considered
extremely preterm

If baby is born

at 28-32 weeks
(8-12 weeks early)

they are considered
very preterm

If baby is born

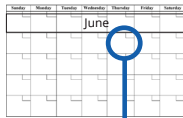
at 33-36 weeks
(4-7 weeks early)

they are considered
preterm

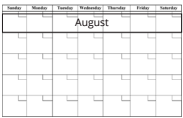
How to calculate baby's corrected age



Baby was due on
Monday, August 1






But was born early on
Wednesday, June 1




Baby was born
9 weeks early!

To adjust for prematurity,
use baby's *due date* to track milestones!

How can I help my baby's development?

-  Activities. Tummy Time, Baby Games, and Massage+ 30, 10, 5 help with motor and sensory skills, as well as bonding.
-  Early Intervention Programs. Baby may be eligible for state-funded EI, which allows baby to receive therapy at home.
-  Pediatric Therapy. If baby is not approved for an EI program, try a free screening for pediatric therapy.

 Trust your instincts. Speak to a healthcare provider with concerns about baby's development.