

We do not encourage baby walkers or baby jumpers. They do not help babies to walk and may cause babies to stand on their toes.

This may delay some parts of development.



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Early Days

Developmental Advice
for Premature Babies



This is a special time when you and your baby are getting to know each other. They will be developing their own personality. It's a time of discovery for both of you.

WHEN YOUR BABY IS SLEEPING

At this stage your baby will sleep a lot. Place your baby on his back to sleep as you have been advised.

Make sure your baby's head is not always turned to the same side.



WHEN YOUR BABY IS AWAKE

As your baby gets older they will spend more time awake and enjoy watching what is going on around them.

When they are awake change their position regularly. Move him onto their back, side, and tummy.

For the first few months toys are not as important as you are. Babies learn by watching you, touching your face and listening to your voice.

Talk to your baby. Tell them what you are doing and what he is going to do. When they begin to make sounds, copy them, make it a game. Make lots of fun sounds.

When they are on their back, mobiles and activity gyms will encourage them to reach.



They will take things to their mouth. This is how babies learn. Offer things that feel different and vary in texture such as a teething ring, their own hand or a soft toy.

Only let your baby play with toys intended for his age. They will start to be aware of their own hands and bring them together.

Place them on your chest on his tummy and talk or sing to them to encourage them to look at you and lift their head.

Don't be frightened to play with your baby on their tummy on a play mat for short times.

They must always be awake and supervised when you do this.

When on their side, lie down beside them and speak/sing to them.

Do not encourage your baby to stand yet.

