

# Comforting your baby and reducing pain during your NICU stay.

This is important because when your baby is comfortable it reduces their pain and stress.

In fact, treating pain supports healthy brain development!



## What can you do?

### 1) Be with your baby as much as you can. You know your baby best.

Use your superpowers! Even just your voice, your smell, and your touch comforts your baby.

### 2) Make a care plan with your baby's nurse that includes:

Understanding when your baby will have either a stressful (ultrasound, diaper change) and/or a painful (heel prick, blood test, eye exam) procedure and **how best you can comfort your baby.**



**Breastfeeding\***. This is the best way to reduce your baby's pain.

\*if your baby can



**Supporting your baby with hand holding (facilitated tucking).**

\*when your baby cannot be held



**Holding your baby skin-to-skin.**

\*if you cannot breastfeed



**Offering a pacifier\*.**

\*if you cannot breastfeed

**Remember, you should still be breastfeeding or holding skin-to-skin for painful procedures. This is the best way to reduce your baby's pain and stress.** Sometimes your baby's care team will also add a 'sweet taste\*' beforehand.

\*Sweet taste is liquid sugar drops into your baby's mouth that research says can help to reduce pain.

## Why is this important? *Research tells us:*

- pain affects short and long term health
- babies feel and remember pain
- babies can't tell us when they are in pain
- pain is not always managed for all procedures
- unmanaged pain can affect how your baby responds to pain in later years



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