

## Let's Talk About...

# Helping Your Baby (Newborn to 1 Year) Cope with Being in the Hospital

A hospital stay can be a stressful time for babies. As a parent, you can help improve their experience. Babies learn and grow at a fast pace, so it's important to play with, comfort, and support them as much as possible.

## What are common reasons babies feel stress in the hospital?

The hospital may be an unfamiliar place that's outside your baby's comfort zone. Hospital stays can involve:

- Separation from family
- Changes in routine
- Loud noises and sudden movements
- Discomfort
- Overstimulation or understimulation

## What are signs your baby could be under stress?

Watch for clues such as:

- Crying and fussing
- Sleeping more than usual
- Sneezing and yawning
- Hiccupping
- Avoiding eye contact or turning their body or face away from you



## How can you support your baby?

You can help improve your baby's experience by:

- Participating in your baby's care when possible
- Talking with the medical team about the best ways you can support your baby
- Trying to maintain familiar routines when possible
- Bringing comfort items from home
- Limiting bright lights, noises, and screen time

## What activities can you and your baby do together?

Engaging with your baby can help them stay calm and comfortable. Ideas to try include:

- Playing with your baby using rattles, light-up toys, peek-a-boo games, mirrors, and other toys
- Reading to your baby
- Rocking, holding, and cuddling your baby
- Talking to your baby and making eye contact
- Playing soft music with time limits
- Moving your baby's arms and legs, providing tummy time, and playing with them on a mat



## What are some techniques you can use to comfort your baby?

If you sense your baby is under stress, you can try:

- Swaddling
- Giving a pacifier or comfort items
- Rocking and holding
- Singing or playing soft music
- Touching and skin-to-skin contact
- Talking to your infant using encouraging statements
- Reducing conversation

### Questions for my healthcare team

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。