

Ways to Support Baby

- Lots of skin-to-skin cuddles
 - Swaddle if baby is jittery when not being held*
- Watch baby's cues to know what they need
- Speak quietly to baby before touching
- When touching baby do so gently, but firmly
 - Avoid gentle stroking
- Handle baby slowly and gently
- Hold baby close when moving from one place to another
- Keep the room quiet
- Keep lights low

**Swaddling is not recommended at home*