

Positive Touch

It is the power of your presence – your touch – that calms your baby and helps them thrive. A parent's touch is the most consistent and loving input your baby experiences.



In the NICU, your baby may experience unpleasurable events related to their necessary medical cares. While the brain continues to grow, it "remembers" these moments making your infant susceptible to developing avoidance to certain types of touch in the future. An infant who has developed an aversion, or hypersensitivity, to touch may:

- ❖ Demonstrate developmental delays
- ❖ Experience difficulty bonding with parents
- ❖ Develop issues with feeding later on in life



Positive touch is performed to prevent avoidance to touch.

What is Positive Touch?

Positive touch is a term for any touch that produces a positive reaction from the baby, and it helps you as parents connect and bond with your child.

Purpose of Positive Touch:

- ❖ To "buffer" the necessary but sometimes unpleasant experiences in the NICU with positive touch experiences
- ❖ To empower you to take control over caring for your baby in the NICU
- ❖ To increase your baby's positive sensory experiences
- ❖ To limit the negative effects that stress of the NICU has on development
- ❖ To prevent your baby from being sensitive to certain touch experiences

How Do I Provide Positive Touch to My Infant?

Positive touch can be provided by:

- ❖ Providing skin-to-skin or Kangaroo Care
- ❖ Providing gentle, firm pressure to areas of the body that have experienced any negative touch (your baby's feet from routine heel sticks, IV sites after IV removal, mouth and face area)



- ❖ Watch your baby's cues to help you know if he/she is tolerating positive touch treatment
- ❖ Provide positive touch **1-2 times per day** or any time you interact with your baby to support your baby's growth & development