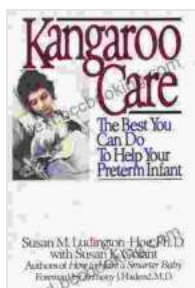


# The Best You Can Do To Help Your Preterm Infant

If you're the parent of a preterm infant, you're likely feeling a mix of emotions. You may be overjoyed, worried, scared, and everything in between. It's important to know that you're not alone. Millions of parents have been in your shoes, and there is help available. This guide will provide you with the information and resources you need to help your preterm infant thrive.



## Kangaroo Care: The Best You Can Do to Help Your Preterm Infant by Susan Ludington-Hoe

★★★★☆ 4.5 out of 5

Language : English  
File size : 7336 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 261 pages



## What is a preterm infant?

A preterm infant is a baby born before 37 weeks of gestation. Preterm infants are at increased risk for a number of health problems, including respiratory problems, feeding difficulties, and developmental delays. However, with proper care, most preterm infants can go on to live healthy, productive lives.

## What are the challenges of caring for a preterm infant?

Caring for a preterm infant can be challenging. Preterm infants require specialized care, and they may need to stay in the hospital for weeks or even months. Parents of preterm infants may also need to make changes to their lifestyle, such as taking time off work or finding childcare for their other children.

## What can you do to help your preterm infant?

There are a number of things you can do to help your preterm infant thrive. These include:

- **Be involved in your infant's care.** Ask questions and learn as much as you can about your infant's condition. You can also help with your infant's care, such as feeding, bathing, and changing diapers.
- **Bond with your infant.** Spend time holding, cuddling, and talking to your infant. This will help your infant to feel loved and secure.
- **Provide a nurturing environment.** Create a calm and relaxing environment for your infant. This includes providing a quiet place to sleep, a comfortable temperature, and plenty of stimulation.
- **Follow your doctor's instructions.** Your doctor will provide you with specific instructions on how to care for your infant. Be sure to follow these instructions carefully.
- **Get support from others.** Talk to other parents of preterm infants, join a support group, or seek professional help. There are many people who can offer support and guidance.

Caring for a preterm infant can be challenging, but it is also a rewarding experience. By following these tips, you can help your infant to thrive and reach their full potential.

## Resources

- The National Preterm Infant Registry: <https://www.preemie.org/>
- The March of Dimes: <https://www.marchofdimes.org/>
- The Preemie Project: <https://www.thepreemieproject.com/>



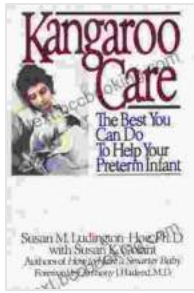
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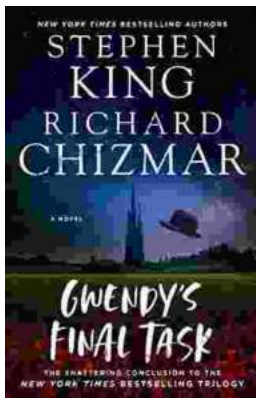
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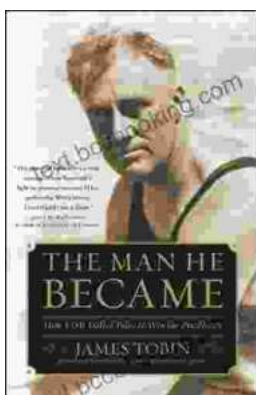


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