



Bryan Neonatal Intensive Care Unit

## Your Baby at 26-29 Weeks Gestation



Babies who are born early often have medical and developmental needs that are different from healthy full-term infants. This information sheet will help you understand medical and developmental needs based on your baby's current gestational age.

As your baby grows and develops, you will receive additional inserts. No matter what gestational age your baby is, there are things that you can do as a parent to offer comfort to your baby and participate in his or her care. Listed below are important ways that you can help your baby based on his or her current gestational age.

### Medical

- Baby has trouble staying warm
- Baby's brain is very active
- Baby's hair is growing
- Baby's inner ear is completely developed
- Baby's eyelashes are beginning to grow
- Baby has fingernails

### Development

- Baby's eyes may begin to open and close, with the pupils of the eye constricting to light
- Baby is unable to focus on something or someone
- Baby is very sensitive to sound
- Baby displays a strong finger grasp
- Baby may be able to suck his or her thumb
- Baby starts to pull in legs and arms
- Baby displays many jerky, uncoordinated or random movements
- Sleep still is disorganized
- Baby's suck will develop
- Baby feeds through a tube (gavage feeding)

### What You Can Do for Your Baby

- Minimize visual interaction for your baby
- Cover your baby's isolette
- Talk softly with your baby
- Learn your baby's cues
- Use nesting/boundaries when your baby is sleeping
- Pump and store breast milk
- Allow long periods of uninterrupted sleep
- Let your baby hold your finger
- Offer non-nutritive sucking (finger, pacifier) if possible
- Practice skin-to-skin contact (called "kangaroo care") when your baby is stable
- Identify a pediatrician

*This information is provided for educational and informational purposes only and is not a substitute for medical advice, treatment or consultation with qualified physicians and other healthcare professionals regarding your individual needs. The March of Dimes is not engaged in rendering medical advice or recommendations. "Your Baby at 26-29 Weeks' Gestation" was developed by the S.C. Chapter of the March of Dimes in partnership with Children's Hospital of Greenville Health System.*