



early Therapy In Perinatal Stroke

Day - to - Day
Care

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Tips for Holding and Carrying Your Baby



As with all babies it is very important to ensure that your baby's head is well supported at all times.

Always take great care to support your baby's head and neck when you pick baby up.



The following pages show different ways of holding a baby and explain how to position your baby in order to benefit your baby's **LEFT** side. Try to use a mixture of these holding methods each day.

The Cradle Hold

This is a very popular position for a newborn baby.

Here baby's head rests in the crook of your arm so your baby's neck is supported.

If baby is awake and alert try to cradle baby in your **LEFT** arm so that baby's **LEFT** arm is free to move and touch you or be touched by you.



You should sometimes cradle hold baby in your **right** arm too. Talk and sing to baby so baby looks to his or her **LEFT** in order to gain eye contact with you.

The Shoulder Hold



This is a good position to wind your baby. Hold baby close to your chest with baby's head above your shoulders.

Take care to support baby's head and neck with one hand, while the other hand supports baby's bottom.

In the shoulder hold position it does not matter whether baby is held over your **LEFT** or **right** shoulder.

The Lap Hold



Because the lap hold leaves your hands free, it is a good position to talk to, sing to and play with your baby.

Place baby on your legs with baby's head nearest to your knees and baby's feet resting on your tummy.



The Face Down Hold



This is a good position for helping your baby to learn to enjoy lying on his or her tummy and to help develop strong neck muscles needed for good head control.

Hold baby on your **right** forearm keeping baby's head slightly higher than baby's hips.

Baby's **LEFT** arm should be free to move.



Take care to give support to baby's head and neck with your right arm while your left arm supports baby's bottom.



Babies often love this position to look around at everything!

The Hip Hold



This position allows baby to look around and gives you a free hand to do other things.

It is not suitable for newborn babies as your baby needs to have developed good head and neck control.

To achieve the hip hold sit baby on your **LEFT** hip if possible so that baby's **LEFT** hand is free to move and touch you.

Keep your **LEFT** arm securely wrapped around the baby for support.



SAFETY NOTE: You should only hold baby like this for short periods as you may experience some back pain if you carry your baby like this for too long or too often.

Tips for Breast Feeding Your Baby

When feeding your baby try to ensure that baby's **LEFT** arm is free to move and is not trapped against your body.



You can hold and stroke this arm and hand with your free hand.

As baby grows and becomes more alert when feeding you can sometimes hold your baby so that his or her **LEFT** arm is against your body.



Use a pillow to support baby while feeding so that you don't develop a sore back through leaning forward for long periods.

The following ways of holding your baby show baby's **LEFT** arm being free to move:

This is the *front hold* or *cradle* position



This is the *modified front hold*
or *cross cradle* position.

This is the *underarm position* or the *football hold*.



This is the *lying down* position or the *side lying position*:



SAFETY NOTE: Be careful that you don't go to sleep with your baby in this position: see safety advice in the Time for Bed section

Tips for Bottle Feeding Your Baby

When bottle feeding always hold your baby, this helps create a close bond between you and encourages your baby to reach out to touch you and to make eye contact with you.

This is very important for your baby's development.



When sitting to bottle feed your baby, hold baby's **right** side against your body so that baby's **LEFT** arm is free to move and rest on or grasp hold of the bottle or your hand or arm.



Try to hold your baby fairly upright with his or her head supported because this allows for easier swallowing and breathing.



You can use a pillow to support baby while feeding so that you don't develop back pain through leaning forward.



It is okay to sometimes hold baby with his or her **LEFT** side against your body.



When you feed your baby like this, talk or sing so that baby is encouraged to look towards you and make eye contact with you.

SAFETY NOTE: Never prop the bottle against yourself or something else. This is very unsafe and could cause choking.

Every bottle system is different in how it should be held and angled so always read the instructions carefully.

Tips for Bath Time



Once again, apply the same principles of positioning baby so that his or her **LEFT** side is always closer to you.

There are lots of different pieces of equipment that can make bath-time easier and safer by supporting baby in the water and leaving your hands free to wash baby.



Talk and sing to your baby to make bath time fun while encouraging baby to look to and move his or her **LEFT** side.

SAFETY NOTE:

Never leave your baby unattended in the bath

Tips for Dressing Your Baby

Try to position your baby so that his or her **LEFT** side is closest to you at each nappy change or have baby lying centrally in front of you.

Always dress baby's **LEFT** side first.
For example put baby's **LEFT** side in to the baby clothes first followed by the **right** side.



When undressing baby remove clothes from baby's **right** side first.

For example remove baby's vest from baby's **right** arm first before removing it from baby's **LEFT** arm.

Tips for Dressing Your Baby



Some babies show a dislike for certain clothing or fabrics.

For example they may prefer bare legs to covered legs or they may dislike certain fabric textures.

It is important to encourage your baby to learn to tolerate lots of different clothing types while he or she is very young.

If your baby shows this sensitivity to clothing you may find that massage before dressing may help.

You can also gradually increase the amount of time your baby spends wearing items of clothing he/she feels uncomfortable with.



Out and About

Tips for Pram and Buggy Travel

Most prams, pushchairs/strollers and baby buggies allow you to position your baby facing you. Young babies may benefit from this position because it:



- lets you to talk to and comfort your baby
- lets you to check that all is ok with your baby
- lets you baby to interact with you and develop language skills
- lets your baby to see you and look at your reactions to things to gain allows reassurance about the world around them
- lets your baby to be protected from sights which might be frightening or over stimulating
- lets your baby to lie fairly flat which is important in the early months until he / she is able to support the weight of his / her head



Don't forget you can tie a toy or a ribbon on the side of the pram or pushchair to help to remind everyone of which is baby's **LEFT** side.



If you have twins place your baby for whom this manual is intended in the twin pram/buggy so that his or her **LEFT** side is closest to the centre of the pram/buggy and the other baby.

When playing or talking to your baby in the pram position yourself on baby's **LEFT** side.



SAFETY NOTE: Always ensure baby is securely fastened in using the straps and harnesses provided.

When out and about encourage other people such as older brothers and sisters and your partner to walk beside you on baby's **LEFT** side.



Use pram toys and try to position these slightly to baby's **LEFT** to encourage baby to look **LEFT** and later to reach for the toys with his or her **LEFT** hand.

Use “linkies” to bring hanging toys within your baby’s reach. See photo on right.



SAFETY NOTE: Always supervise your child when you use extra links with toys.

Out and About - Tips for Car Travel

Rear facing car seats are for use with babies from birth until they weigh around 13kg, so these seats should always be used in the first 6 - 8 months of life.

For safety reasons babies using rear facing car seats should only be positioned in the rear of the car and not on the passenger seat.

There are 2 different choices of where to position your baby within the car depending on whether there is another passenger or not:

1. Rear facing on the back seat alone.



2. Rear facing on the back seat next to another passenger.



SAFETY NOTE:

Always carefully follow car seat installation instructions and comply with the legislation on this.

For more information see: [Child car seats: the law: Using a child car seat or booster seat - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/topics/child-car-seats)

1. Rear facing on the back seat alone

Position the car seat on the car's back seat behind the driver's seat so that baby can look **LEFT** towards the light from the nearest window.



You should consider using a sunshade on bright and sunny days. You can buy visually attractive sunshades which will also encourage your baby to look to the **LEFT**.

In this position you can also hang toys from the headrest to encourage baby to look to and later reach to the **LEFT**.



SAFETY NOTE: With baby in this position in the car try to make sure that when parking beside a pavement that your baby's car seat is on the pavement side.

2. Rear facing on the back seat next to another passenger

Position the car seat behind the passenger seat so that baby can look **LEFT** towards the other passenger.



Older passengers can be asked to talk to, sing to or present toys to baby, thereby encouraging attention to the **LEFT** side.



SAFETY NOTE: With baby in this position in the car try to make sure that when parking beside a pavement that your baby's car seat is on the pavement side.

Out and About—Toys for the car

You can buy toys which are specially designed to entertain baby while travelling in the car. Here are some examples:



This mirror toy attaches to the head rest. You can position it so that it is a little to baby's **LEFT** but check that baby can see him or herself or at least see something of interest.

This suction toy attaches to the car window on baby's **LEFT** side.

This toy is adjustable so you can position it over baby's **LEFT** side.





Here another toy has been positioned towards the **LEFT** side of the headrest as viewed by your baby from a rear facing seat.

The hanging toys are also on the **LEFT** to encourage baby to look that way.

Here there is also a **right** hanging toy but it has been tucked away out of baby's sight in order to encourage baby to look to and to reach to the **LEFT**.



When attaching and hanging toys from the headrest try to position them to the **LEFT** to encourage baby to look to and later reach to the **LEFT**.

You can use baby links or linkies to extend some toys so that baby's **LEFT** hand can reach out and touch them.



Use linkies to attach baby toys to the headrest or over door handle on baby's **LEFT** side.



SAFETY NOTE:

Only extend a toy enough to allow baby to reach it - the chain of links must not be so long that it could be dangerous, for example ensure that it cannot get wrapped around baby's neck.

Out and About

Carrying the car seat and toys



When out and about you may need to carry baby in to places such as the doctors surgery or a friends house.

If you need to keep baby in the car seat attach toys to the car seat handle on baby's **LEFT** side.

Once again you can use linkies and Velcro[®] straps to extend some toys so that baby can reach and touch them with baby's **LEFT** hand.

