






Info-sheet

Five Step Dialogue

Babies use their own touch and the touch of others to help calm themselves. Touch stimulates nerve endings in the skin, which leads to a release of hormones often referred to as 'love hormones' that produce pleasant sensations and feelings. Research has shown that the touch of a parent can help ill and preterm infants cope with painful procedures they receive as part of their care in neonatal intensive care units (NICUs). The type of touch offered is affected by the gestational age of the baby and their clinical condition.

Steps	Photos and instructions
1.Preparation	<ul style="list-style-type: none"> • Gather anything that you need so contact with your baby is unbroken • Wait and watch (look at their breathing/colour/state) • Adjust the environment to suit your babies level of sensitivity 
2. Touch Permission	<ul style="list-style-type: none"> • Rubbing hands together before touch so your baby can hear the sound communicates touch is about to occur, and at the same time increasing warmth in the hands. • Say out loud what you are about to do (this lets your baby know you are there and gives them time to respond) • Watch and wait for your baby to adjust to your presence 

<p>3. Tuning into the baby & pacing</p>	<ul style="list-style-type: none"> • Work out if your baby is calm and ready for you to touch or approach them, let them lead the way. Their breathing colour and state will help you work out if they are calm or upset. • You may need to offer some time for them to adjust, you can use your voice to let them know you are there and to help calm 
<p>4. Connection</p>	<ul style="list-style-type: none"> • Be aware of your breathing, be present in the moment • Keeping the hands near but not touching the infant can be calming • Give a moment with resting hands before moving them, talking to them and telling them what you are doing 
<p>5. Breaking contact</p>	<ul style="list-style-type: none"> • Breaking contact is an important last step • Talk to your baby and let them know what you are doing • Withdraw hands very slowly, wait and watch afterwards to work out if your baby needs more support 

Information in this information sheet has been modified from the following sources:

- [https://static1.squarespace.com/static/50056474c4aa4387b4e629ea/t/5719260ac2ea517c03d5d582/1461265930827/The Power of Human Touch for Babies.pdf](https://static1.squarespace.com/static/50056474c4aa4387b4e629ea/t/5719260ac2ea517c03d5d582/1461265930827/The+Power+of+Human+Touch+for+Babies.pdf)

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