

I. How to feed pre-matures

- Characteristics of the feeding of pre-mature infants: due to immature physiological development, pre-mature infants have weaker sucking ability and it is easier for them to milk choking or cyanosis (the color of skin lip black, blue or purple).

II. Feeding pre-cautions

- When pre-mature infants come home, they could still suffer from gastroesophageal reflux. Feed your baby multiple times separately with a small amount for each meal. Observe colors of your baby's skin and lips. When a cyanosis occurs, stop feeding and gently pat his back. Continue the feeding when colors of your baby's skin and lips return to normal.

- Do not feed your baby when he is lying down.
- When mothers cannot conduct breastfeeding under special circumstances and have to use milk bottles instead, it is better to choose soft and medium-sized bottles with a round hole for pre-mature babies because they have weaker sucking abilities.
- General method to deal with milk choking. You just need to simply remove milk from the mouth. Pat your baby's back with proper strength to let him breath smoothly. When his skin turns red again, you can continue to feed. Or you may take a break before moving on.

- During the feeding, if your baby stops breathing after coughing, you can tenderly rub his back or pat his arch of his feet to stimulate breathing.

III. Infection prevention

Compared will full-term babies, pre-mature infants have weaker immune systems and it is easier for them to get infectious diseases. A few pre-mature babies may easily get chronic lung diseases due to immature lungs. Children with chronic lung diseases have a higher chance of getting pulmonary infections and more severe symptoms compared to ordinary infants. Methods to prevent infections include:

- Limit visitors.
- Adequate ventilation at home.

- You should wash your hands before getting in contact with your baby.
- Keep your home smoke-free.
- Before turning one-year-old, your baby should not be taken out to public places.

IV. Pre-mature's sleeping care

Pre-mature infants tend to stay in hospitals longer. They have to get used to the noisy environment in hospitals with no difference between days and nights. They need a period for adaptation when going home. You can help your baby get adapted by creating an environment lighting up lights at night and letting him listen to radio. When your baby has adapted himself to the new environment, decrease the brightness and sound volume gradually.

V. Care behaviors of pre-mature Infants

Compared with full-term babies, pre-mature infants are easy to get upset and it is hard to comfort them. These situations can be improved by kangaroo-style care and infant massage.



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 (Picture taken from the Internet)

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Home Care Advice For Pre-matures And How To Care

Modern Medicine
Traditional Care