




<p>Calm, Resting, Deep sleep</p> <ul style="list-style-type: none"> -Eyes closed -Breathing is regular and smooth -Body is relaxed and not moving 	<p>WHAT I LOOK LIKE:</p> 	<p>WAIT!</p> <p>I'm sensitive! Please protect my sleep and let me rest! Please avoid interrupting my sleep by talking to me, moving my position, picking me up. Small things around me could easily wake me up.</p>
<p>I need help settling when I'm:</p> <ul style="list-style-type: none"> -Frantically moving arms and legs quickly -Crying -Furrowing my brow/forehead -Searching vigorously to suck on my fingers or blanket - Holding my hands in a tight fist -Keeping my eyes firmly closed 		<p>WAYS TO HELP ME FEEL CALM:</p> <ul style="list-style-type: none"> -Swaddle me tightly with my hands to my face. Put your hands firmly over me and hold in place. -Offer me my pacifier OR a finger if I have trouble sucking on my pacifier -Hold me on my belly against you or place me on my side. -Rock me in a slow, rhythmic manner, back and forth. -Reduce all extra stimulation (dim lights, talk softly, keep me in one position)
<p>I'm ready to get to know you when:</p> <ul style="list-style-type: none"> -Body is relaxed -Eyes are open and calmly looking around -Move with slow, smooth movements -I may still need gentle swaddling and sucking, but I'm alert. 		<p>WAYS YOU CAN BOND AND PLAY WITH ME:</p> <ul style="list-style-type: none"> -Talk, sing or read to me in a gentle voice -Gently move my arms and legs -Wait for me to look at your face and eyes -Gently massage my arms and legs

<p><u>Care Times:</u></p>	
<p><u>Parent's Names and Visiting Schedule:</u></p>	
<p>My Baby Likes:</p> <ul style="list-style-type: none"> <input type="radio"/> Sucking on pacifier <input type="radio"/> Swaddling <input type="radio"/> Rocking in swing <input type="radio"/> Swaying in my arms <input type="radio"/> Being on my side <input type="radio"/> Cuddled on my belly <input type="radio"/> Being held cradled in my arms <input type="radio"/> Talking or singing to them <input type="radio"/> Dimming the lights <input type="radio"/> Being quiet <input type="radio"/> Patting their back <input type="radio"/> "SHHHHHshing" <input type="radio"/> Certain Positions: <input type="radio"/> Other: 	<p>My Baby Dislikes:</p> <ul style="list-style-type: none"> <input type="radio"/> Being unswaddled <input type="radio"/> Having diaper changed <input type="radio"/> Bright lights <input type="radio"/> Loud noises <input type="radio"/> Changing positions <input type="radio"/> Lots of movement <input type="radio"/> Certain positions: <input type="radio"/> Other:
<p>I WOULD LIKE MY BABY'S CARE TEAM TO KNOW:</p>	