



How to Soothe a Preemie

Skin-to-skin contact has numerous benefits for premature babies, including better sleep, faster weight gain, and shorter hospital stays. Snuggle up with these tips from Tami Gaines, mother of premature twins and author of *Preemie Parents: 26 Ways to Grow With Your Premature Baby*.

GO WIRELESS When you visit your baby, ask the nurse to remove all the nonessential wires and tubes so you can get as close as possible to your child—even five minutes will help the two of you bond.

BUTTON UP Wear a front-opening shirt and bra so that your child has easy access to your skin. Ask for a screen for privacy, and place your

baby on your body so she can easily hear your heartbeat.

GET COMFY Once you're both positioned, lie back in a reclining position. Breathe deeply and think happy thoughts—picture yourself holding your baby in your own home, say—for several minutes to relax yourself; your little one will calm down too.