

INFANT DEVELOPMENT

Development Goals

Learning about their world through their senses

- What do they see, hear, smell, taste, and feel

Learning about their world through repetition and routine

- When something is done in the same order over and over again, an infant learns what to expect and begin to understand when a stressor is coming or when a stressor is over and they can relax

Building a secure attachment/bond with caregivers

Learning how to communicate to have their needs met

- Crying when they are hungry or scared

Learning to self-soothe and responding to positive stimuli

- Having a caregiver talk to them
- Sucking on a pacifier
- Security item - blanket, stuffed animal
- Rocking
- Patting
- Singing

COPING PLAN

Routine

Increase stimulation at the start of the NG tube placement and decrease once complete - when this is done consistently, the infant will become familiar with the cues and their body can recognize when a stressor will start and end, which allows them to relax.

- Turn lights on at the beginning of the NG tube placement and dim the lights at the end
- Turn soothing music on at the end of procedure
- Assess what can be changed in the infant's environment
 - have the infant flipped around to the opposite side in crib so they are in a new view and not in the place associated with their sleep
 - use a different room, such as a treatment room, to protect the infant's crib as a "safe space"
- As soon as the NG tube placement is over, have caregiver pick them up or, if the caregiver is holding the infant, have them turn the infant to face them in a hug.

Nasogastric "NG" Tube

Infant (0 - 1 year)

Positions for Comfort

Comfort positioning is a way to help the infant feel comforted, while still limiting movement, as an alternative to holding them down during the NG placement. When an infant is comforted they are more likely to feel safe and calm.

- Swaddling: arms tucked to chest, body wrapped tight in blanket
- Containment: caregiver gently cupping hands on top of head and/or resting on arms or feet - thinking about simulating the comfort the infant experienced being in the womb.
 - caregiver's face close to infant's face
- Sitting chest to chest
 - give the infant a hug
- Sitting back to chest
 - have the infant leaning back on caregiver's chest, while giving them a hug with their arms over the infant's arms

Soothing

Wanting to provide positive stimulation to outweigh the negative sensation of the NG tube placement, such as:

- Sucking on a pacifier,
- Soft singing
- Being in the line of site of the caregiver's face for comfort,
- Soothing touch or patting on part of body such as back, bottom, or leg
- Sweet-ease (ask medical provider if they carry this product) for infants (0-3mo)
- Breast or bottle feeding can also be helpful as it is a comfort, as well as encourages sucking motion