

Medi Quest BRS Hospital

A monthly News letter from BRS Hospital

Early Stimulation in Infancy

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While the Pediatrician is fully aware that nutrition plays an important role in brain growth, the importance of early stimulation is gaining traction as a method to aid brain development

What is early stimulation?

Infant stimulation refers to activities that stimulate the infants and sense of vision, hearing, touch and proprioception. In other words stimulating the child through normal developmental channels. In addition to stimulating the baby's senses, it will help her to reach developmental milestones faster.

This is most important in the first year of life as brain growth is maximal during this period, Early stimulation was initially started NICU graduates notably premature infants and LBW infants, neonates with birth asphyxia and seizures.

Now it has come to include normal babies as well. Just as a Pediatrician promotes breast feeding, early stimulation should be the new mantra

When does early stimulation start?

It starts from birth

The stimulation the child receives depends on life at home, and the family structure

NEONATAL PERIOD

Early stimulation in the NICU

1. Individual lights can be dimmed and adjusted to reflect cycles of the day
2. Reduce unnecessary noises from the neonatal environment that is not soothing for the new born
3. Heart beat sounds, music and mother's voice can be recorded and put on a tape

near the baby and played back at a reduced volume

4. Gentle massage

5. Promote bonding through Kangaroo care

6. Gentle rocking to stimulate kinesthetic senses

After discharge from hospital New born stimulation at home

Certain points to note;

New born are surprisingly alert when the tummy is full, the bottom is dry and the body rested, the new born are busy looking listening and learning about the new world Keep play gentle and playtime short just a few minutes at a time

Methods to stimulate vision

Bold patterns with strong contrasts

New borns are attracted to edges of pattern while light and dark meet

Babies trend to look at the edges of shapes so a baby is likely to scan one's hairline rather than gaze into the eyes

Start with single shapes and squares, circles and bold black and white face shapes paste these shapes on the changing table or cut them out and make a nursery novel.

Making faces

The most intriguing object for new born is Mother's or Father's face

Try to catch the baby's attention and make a face remember to vary the expression

Moving objects

Vision involves the complex process of tracking objects as they move through space



**GENERAL MEDICINE , GENERAL SURGERY,
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UROLOGY , VASCULAR AND NEUROLOGY**



Lay the baby on lap. Take a toy small picture or one's hand and slowly move it in an arc from your baby's left to right and then back again
New born cannot trace the object as it moves across then centre line.

Hearing

Music not only stimulates the auditory brain cells but also connects powerfully to the baby's emotions.

Music can be used to soothe an overtired, over stimulated or colicky new born.

Classical music is particularly good for the baby's developing brain and

Closely linked to an improved ability to solve spatial problem

Talking

Talk to a baby often, listen carefully to his little noises and repeat them

Read to the baby

Touch

Constant tactile kinesthetic stimulation is shown to be essential for the developing brain in terms of positive feedback messages.

Every time a baby is touched cuddled it shapes his growing brain. Touch experience is essential not only for the development of touch sensitivity but for general cognitive development as well.

In its broadest sense it involves massage non nutritive sucking and skin to skin contact

Baby massage

The purposeful, non-repetitive contact with human hands on the baby's bare skin in a soothing way to stimulate the baby's sense of touch.

Routine massage of the baby is essential for optimal growth and development.

Avoid massage in a hungry baby or in a full stomach

Massage for about 5 minutes

Rocking, walking and swinging

Every time the baby is walked, rocked or swung, the vestibular system is stimulated

Sometimes the motion will help the baby to sleep, but often the baby will become quiet and watchful.

This is an excellent time to talk or sing to the baby

The 1-2 month period

Babies will usually put both their hands in the mouth in order to organize. If the child is not doing this gently hold hands together and then put them in the mouth.

Auditory

Make the child listen to different sounds from a squeeze toy, rattle, bell, music high pitched sound and low pitched human sounds

Visual

Hang brightly colored clothes (red, orange, fluorescent) color balls, black and white striped clothes across the crib

Tactile

Frequently change the child's position

Put child on sides on his back, on his tummy and sides

Put the baby on different surfaces like soft mattress, foam rubber mattress

Vestibulokinesthetic

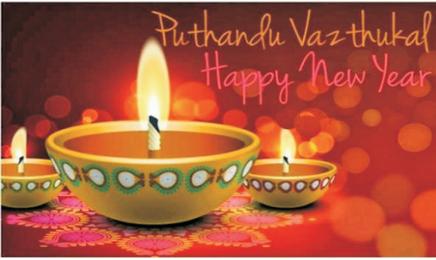
Gently rock the child, avoid fast changes

Activities

Always tries to maintain eye to eye contact while communication with the child

Cuddle baby closely

Talk and sing to the baby when bathing, dressing, feeding and rocking



The 2-4months period

In addition to auditory and visual stimulation mentioned above the following can be done

Tactile stimulation

Give child harmless object to hide and paper to crumble

Give child the experience of soft, hard, rough, cold, warm etc

During day time place child on rubber foam mattress and allow them to roam freely

General stimulation:

For Head control

Place on tummy, with both hands supported shake a rattle in front of him and gently lift the rattle to encourage the child to lift the head and upper chest.

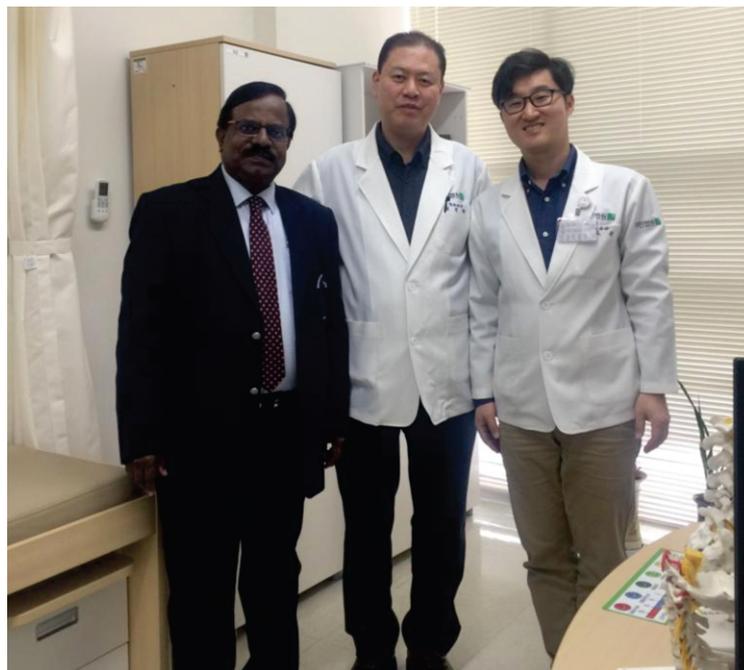
To reach and grasp objects

Rub small toys across the palm of the baby's hand to help him and grasp it.

Place objects just out of reach of the baby's hands stimulate him to reach out and grasp it.

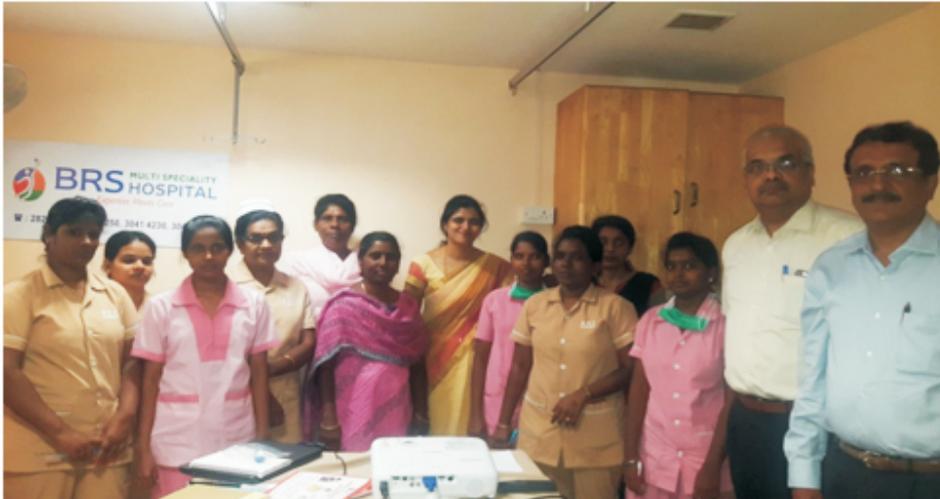
To be continued

BRS Hospital Congratulates Prof. **DR.NALLI R.YUVARAJ** for having undergone specialised training in Endoscopic spine surgery and Minimally Invasive Spine Surgery from 16th February 2019 to 16th March 2019. He underwent training with Dr.JIN HWA EUM & Dr. KIM both are spine surgeons from Bumin Hospital in South Korea. The unilateral Biportal Endoscopic Spine Surgery (UBESS) is a novel technique described by Dr. JIN HWA EUM, the inventor of the method of endoscopic spine surgery.



DR.NALLI R.YUVARAJ (Prof of Spine Surgery), along with Dr.Jin Hwa Eum & Dr.Kim (Spine Surgeons) at Bumin Hospital, South Korea.

BRS – CME PROGRAMME



CME Programme regarding
**BASICS OF TUBERCULOSIS
INFECTION CONTROL &
NEWER DIAGNOSTICS** was
conducted on 28.02.2019 by
DR. RAGHINI RANGANATHAN
MD.,DNB (REACH) at BRS
HOSPITAL.

CME Programme regarding
**PEDIATRIC DENTISTRY FOR HEALTH
CARE CENTRE** was conducted on
14.03.2019 by
DR.B.N. RANGEETH, MDS.,
(Professor, Department of
Pedodontics Dr. M.G.R Educational
and Research Institute Consultant
Pediatric Dental Surgeon Just for
Kids, Laser & Implant Dental Clinic)
at BRS Hospital.

