



Bryan Neonatal Intensive Care Unit

Your Baby at 30-33 Weeks' Gestation



Babies who are born early often have medical and developmental needs that are different from healthy full-term infants. This information sheet will help you understand medical and developmental needs based on your baby's current gestational age.

As your baby grows and develops, you will receive additional inserts. No matter what gestational age your baby is, there are things that you can do as a parent to offer comfort to your baby and participate in his or her care. Listed below are important ways that you can help your baby based on his or her current gestational age.

Medical

- Baby is gaining layers of fat
- Baby's lungs and digestive track are maturing
- Baby's brain growth is rapid

Developmental

- Baby can briefly open his or her eyes in dim light
- Baby may focus briefly on an object
- Baby is aware of sounds
- Baby will flex arms and legs
- Baby's movement is more coordinated
- Baby will react to noise with arms and legs
- Baby begins to display quiet and alert state
- Baby begins to coordinate sucking, swallowing and breathing
- Baby feeds with a tube (gavage feeding) but may be learning to feed by mouth as well

What You Can Do for Your Baby

- Cover your baby's isolette
- Respond to your baby's cues
- Learn ways to comfort your baby
- Talk, sing, read quietly to your baby
- Use boundaries when positioning your baby
- Dress and swaddle your baby
- Provide long rest periods and encourage as much sleep as possible.
- Promote hand-to-mouth activity
- Talk to your baby when in a quiet and alert state
- Encourage sucking on breast or pacifier during tube feedings
- Choose a pediatrician
- Perform as much of your baby's care as possible

This information is provided for educational and informational purposes only and is not a substitute for medical advice, treatment or consultation with qualified physicians and other healthcare professionals regarding your individual needs. The March of Dimes is not engaged in rendering medical advice or recommendations. "Your Baby at 30-33 Weeks' Gestation" was developed by the S.C. Chapter of the March of Dimes in partnership with Children's Hospital of Greenville Health System.