

## Patient information

### Your baby's development: 28 - 30 weeks gestation

This is a factsheet to explain the developmental milestones you could expect to see in your baby at this stage of their development. Please do ask your neonatal nurse if you have any questions. You can also always discuss any concerns in regards to development on the ward rounds with the consultant paediatricians or physiotherapists as well.

<p><b>Physical</b></p>	<p>Your baby's fingernails are fully formed and have started to lay down fat throughout their body. The nipples are visible but maybe flat and pale in colour. They may have some hair over the body especially over the shoulders called lanugo. This will rub off eventually as you wash/dress your baby. You may notice that their movements can be exaggerated at times; they have difficulty in controlling this. They will make the effort to self-calm and use movements such as bracing and grasping.</p> <p>Your baby may show some distinctive sleep/wake patterns and you could relate these to how you felt the baby's activity whilst in the womb. Sleep is mainly light with rapid eye movements (REM) which you can see under the eyelids. This is comparable with the 'dream' sleep that adults have. We will refer you to the paediatric physiotherapist who will give you advice on position and handling in order to enhance baby's development. Boundaries and positioning aids will be used whilst on NNU to help maintain a good position, aiding their development.</p>
<p><b>Intellectual</b></p>	<p>The brain has already gone through a period of rapid growth and development with millions of connections being made between cells. The development of the brain now relies on the experience of its environment. Noise, light, smell and taste are all important areas that affect development. Light covers can be used on incubators and cots within in the NNU, to promote rest and sleep for you baby,</p>

	supporting their growing development. Taste is important to them, taste buds are fully developed and offering a little milk in the mouth is an enjoyable experience.
<b>Emotional</b>	Your baby may well suck on their fingers/thumb. This is for comfort and you may observe some quick bursts of sucking that is not accompanied with swallowing. This is all part of 'comfort'. When a baby cries it is not always because they are in pain or uncomfortable. It is a baby's insurance policy that somebody will listen and come to their aid. It may well be because of a dirty nappy but equally it may be just because they want a cuddle.
<b>Social</b>	Eyes will open and close and turn their head towards light, however they do have light sensitivity and will therefore be more able to open their eyes in the shade. Hearing is very sensitive and will be very aware of the noises being made around them. Holding the baby in a skin-to-skin hold will allow the baby to hear your heart beat, a reminder of their time in the womb.

Below are useful links for further information and support:

- [www.bliss.org.uk](http://www.bliss.org.uk) Bliss aims to help babies and their parents at all stages of their journey.
- [www.networks.nhs.uk/nhs-networks/eoe-neonatal-odn/parents-and-carers](http://www.networks.nhs.uk/nhs-networks/eoe-neonatal-odn/parents-and-carers). East of England Neonatal Operational Delivery Networks for parents and carers provide further information on baby development.
- [www.bestbeginnings.org.uk](http://www.bestbeginnings.org.uk) Best Beginnings have links to various pages that are useful for all new parents/carers. There are also links to helpful pages for parents with premature and sick babies.
- [www.nct.org.uk](http://www.nct.org.uk) National Childbirth Trust (NCT) provide information and courses for new parents.

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