

Top 10 NICU Therapeutic Interventions

Advancing Infant Development, One Intervention at a Time

Ensure flexion, containment, alignment and comfort with **positioning and handling**.



Complete **parent education** on skin-to-skin, safe sleep, neonatal massage and swaddled bathing.

Utilize **myofascial releases** to improve mobility and alignment.

Provide **environmental modifications** appropriate for infant's postmenstrual age.

Incorporate **Infant-Driven Feeding® techniques** such as sidelying and external pacing.



Guarantee caregiving **promotes autonomic, behavioral and motor stability**.



Provide **developmental activities** such as prone play, facilitated rolling, supported sitting, and sensory engagement activities.

Complete **myofascial trigger point releases** to decrease musculoskeletal issues as a result of the NICU stay.

Utilize **oral facilitation techniques** to improve feeding function.



Provide **neonatal massage** to improve parasympathetic response, increase weight gain, and improve sleep-wake cycle.



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