

Skin-to-Skin while on the Jet Ventilator

Neonatal Intensive Care Unit

Skin-to-skin

Bare chest to bare chest

Skin-to-Skin

Creates a natural place

All babies benefit from skin-to-skin time with their parents. It is especially important for babies born early.

When held skin-to-skin, your baby:

- hears your heart beat and your voice
- smells your skin and breast milk
- feels you breathe and move
- touches your skin
- is less likely to cry

Overall, it helps your baby change to the world outside the womb.

Improves body systems

The best way to control your baby's body systems is to cuddle your baby skin-to-skin.

Skin-to-skin can help keep your baby's:

- heart and breathing rates steady
- blood sugar at normal levels

Skin-to-skin helps keep your baby's temperature steady. Skin-to-skin with mother can raise a baby's temperature up to 2°C or lower it by 1°C.

Also, skin-to-skin contact exposes your baby to good bacteria on your skin and this helps protect your baby.

Helps the brain develop

Your baby's brain grows 4 times in size between 24 and 40 weeks of pregnancy. Hearing, smelling, feeling, and touching you helps your baby develop a healthy brain.

The Jet Ventilator

The Jet ventilator is a gentle form of respiratory support that gives small breaths of oxygen at a fast rate. This helps your baby's breathing and lets their lungs rest, heal and grow. Your baby can be on the Jet from several days up to several weeks.

There are many parts to the Jet. This means proper positioning while moving your baby out of their bed and during skin-to-skin is very important. A team will help you and your baby throughout the whole experience.

It might seem scary to bring your baby out for skin-to-skin. It can be a slow process with lots of care staff around you. Everyone is there to make sure your baby stays safe and all tubes stay connected.



Skin-to-skin while on the Jet happens when:

- ✓ Parents have reviewed this handout.
- ✓ Parents have done at least 1 practice session with the team.
- ✓ Parents are able to sit for at least 1 hour, preferably longer.
- ✓ Your baby is well enough or stable enough to come out for skin-to-skin.
- ✓ We have at least 4 care providers to support a safe skin to skin experience.

Giving 'Hand Hugs':

When your baby cannot come out for skin-to-skin you can give your baby 'hand hugs'.

- Bring both of baby's arms close in front of baby's body.
- Gently cup your baby's head with one hand & baby's feet with the other hand
- Keep your hands steady and still while you give your hand hug.



What former parents want you to know:

- Pay attention to the chest "wiggle". It tells you the machine is working properly.
- Move slowly. Pause after each change in position to let the staff check the machine and tubing.
- Ask your nurse to teach you how to sit using a deep squat. This is for your comfort and for the safety of your baby.
- Choose a reclining chair so you are comfortable to cuddle for longer.
- Learn what the beeps on the Jet mean and which ones you should be aware of.
- Make sure your neck and shoulders are comfortable because you need to stay fairly still throughout the cuddle.
- Be aware of which areas the tube can come apart. Make your respiratory therapist or nurse aware if this happens so they can reconnect or fix it.
- Ask questions!

For more information about the Jet ventilator:

- Ask your respiratory therapist
- Visit tinyurl.com/uv3kas4 or scan this QR code

