

Begin one type of stimulus at a time.

Provide intervention for short periods.

Space periods according to infant's tolerance.

Continually assess infant's response to developmental interventions.

Titrate interventions according to infant's cues.

Terminate stimulation if infant displays evidence of overstimulation (see [Table 8-1](#)).

Provide 50-minute uninterrupted sleep periods.

Handle to promote or maintain behavioral organization, providing for flexion, containment, firm pressure, grasp, and nonnutritive sucking (NNS).

Tactile

Stroke skin slowly and gently in head-to-toe direction (assess tolerance first).

Provide alternate textures (e.g., satin, velvet).

Provide firm boundaries: foot bracing, blankets, "nesting."

Encourage skin-to-skin (kangaroo) holding by parents and siblings as tolerated.

Provide containment holding in cupped palms of hand for nesting and comfort.

Auditory

Reduce noise levels.

Mother's voice is the best.

Maintain 50 dB with maximum 55 dB for only 10 minutes per hour.