

ATVV INTERVENTION MANUAL FOR PARENTS

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What is ATVV?

ATVV is a procedure giving your baby **4** different kinds of stimulation.

Auditory ----- Talking to your baby

Tactile ----- Stroking or massaging your baby

Visual ----- Making eye-to-eye contact with your baby

Vestibular ----- Rocking your baby

How can ATVV help my baby and me?

ATVV helps your baby become more alert.

ATVV helps your baby tell you more clearly what she or he wants.

ATVV helps you and your baby communicate with each other.

What do I need to understand before learning ATVV technique?

You need to understand your baby's behavior:

1. **Baby's alertness**
2. **Baby's behavioral cues**
 - a. **Engagement cues**
 - b. **Disengagement cues**
3. **What those behavioral cues mean for your baby**

Baby's Alertness



Quiet Sleep

- The baby is very hard to wake up.



Active Sleep

- The baby moves the body, face, and eyes.



Drowsy

- The baby is not fully awake and may go back to sleep.
- The baby moves the body smoothly and sometimes opens eyes.



Quiet Alert

- The baby is awake and calm. Eyes are open and bright.
- The baby is ready for playing.



Active Alert

- The baby opens eyes and moves the body actively.
- The baby may fuss and may want you.



Cry

- The baby's crying tells you that the baby needs a break.

Baby's Engagement Cues

_____ tell you that your baby is ready for playing with you



- The mother and baby look at each other.



- The baby is calm and still.



- The baby tries to reach toward the mother.



- The baby's eyes are wide open and bright.



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- The baby is calm and smiling.

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Baby's Disengagement Cues

tell you that your baby needs a break



- The baby's eyes look away from the mother.



- The baby turns the head and has little facial expression.



- The baby yawns.



- The baby's face grimaces.



- The baby cries.

When shall I give my baby ATVV?

- ❖ **While in hospital**, give your baby ATVV **30 minutes before a feeding** to help your baby be ready for feeding.
- ❖ **At home**, give your baby ATVV **after a feeding** to help your baby be ready for playing with you. Choose **2** times in a day when you and your baby can have a quiet time for about **15 minutes**.

Do I need any preparation for giving ATVV?

Yes, you will need a:

1. A quiet, warm, dimly lit room
2. A chair or sofa where you can sit comfortably
3. A blanket, two receiving blankets or bath towels, and this ATVV Manual

How to do the ATVV procedure

First:

Begin by **talking** to your baby for at least 30 seconds or until your baby is no longer sound asleep. While you talk, pause often so your baby can respond back to you.

Second:

- ❖ Put a folded blanket on your lap then place your baby on the blanket. Remove your baby's clothes except for the diaper. **Cover** your baby with receiving blankets or towels. Expose only the part you will massage.
- ❖ **Massage** your baby for **10 minutes**. Use a **light touch** with your fingertips. **Talk slowly** to your baby in a **calm, soothing voice** while you do the massage and try to **maintain eye contact** if the baby's eyes are open.

Third:

- ❖ For the **last 5 minutes**, **hold** and **rock** the baby slowly.
- ❖ **Maintain eye contact** with your baby.

Relax and enjoy this special time with your baby!

Pay attention to your baby's cues:

Signs that baby <u>enjoys</u> the massage	Signs that baby does <u>not</u> like the massage
<ul style="list-style-type: none">❖ Baby is awake and calm❖ Eyes widen and brighten❖ Baby looks at you and tries to focus❖ Baby moves with slow and smooth movements❖ Baby's fingers are slightly bent❖ Baby's hands are open and fingers are round	<ul style="list-style-type: none">❖ Baby acts hungry❖ Baby hiccoughs❖ Face grimaces❖ Eyes tightly closed❖ Baby looks away from you❖ Fingers are spread out wide and straight❖ Baby is crying, whining, fussing❖ Baby spits up❖ Baby frowns

What if my baby seems to not like a certain part of the massage?

Most babies like the massage. Some babies prefer having their tummies or backs stroked more than having their faces touched. If baby shows some signs of not liking a certain part of the massage, like looking away, frowning, or tightly closed eyes:

- ❖ **Try** talking more softly with 10 second pauses.
- ❖ You may need to **stop the massage**, and wait 10 seconds for baby to relax.
- ❖ You may need to **stop talking** and wait 10 seconds while your baby relaxes.
- ❖ You may need to **snugly** hold baby's arms and legs close to their body for 10 seconds
- ❖ After your baby is calm, **return** to a part of the massage your baby had liked.

What if my baby seems upset or is crying?

- ❖ **Stop** the massage and wrap snugly so baby feels safe.
- ❖ **Offer** your baby a pacifier if she/he is crying. Wait 10 seconds after calming baby to restart the massage.
- ❖ **Stop** for at least 10 seconds after calming baby. First stop stroking the baby and if he/she is still fussy, then stop talking. If she/he calms, then start talking softly again for 10 seconds and then add in the stroking.

*See the *How to Comfort a Fussy Baby* booklet for more ideas to calm your baby.

HOW TO DO THE ATTV

Begin the massage. Talk softly with many pauses. Try to maintain eye contact if your baby's eyes are wide open. Use a light touch with your fingertips and palm of hand. Repeat movements that your baby likes, and stop movements that your baby does not like. Massage for 10 minutes, and rock for 5 minutes.

Head

Massage baby's head with your entire hand from forehead to neck to back of neck about 10 times.



Back

Massage baby's back using long strokes from shoulders to diaper area about 3 times. Try and maintain eye contact by supporting the baby's head.



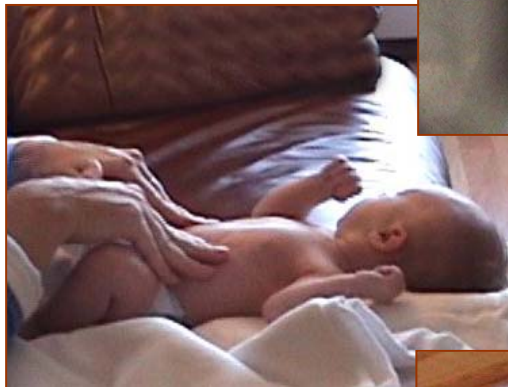
Back

Using only your first 2 fingerpads in a small circular motion, massage the back again from shoulders to diaper area about 3 times.



Chest & Tummy

Loosen diaper. Massage baby's chest and tummy with long smooth strokes from shoulder to diaper area about 3 times.



Massage tummy lightly using a large circular motion about 3 times.



Arms

Massage baby's arms using long or circular strokes from shoulder to wrist about 3 times. You may include the hand if your baby likes it.



Legs

Massage baby's legs using long or circular strokes from hip to ankle about 3 times. You may include the foot if your baby likes it.



Face

First, using 2 fingers, lightly stroke across baby's forehead about 3 times.



Next, lightly stroke cheeks from upper nose to under ears about 3 times.



Finally, lightly circle around the eyes about 3 times

Neck

Lightly stroke the neck under the chin about 3 times



Rocking

After the 10 minute massage, rock your baby for 5 minutes in either an up and down movement or in a side to side movement.

Baby can be facing towards you or away from you.

