



Music therapy welcomes you to the NICU

My name is Kate Leonard, and I'm a certified music therapist in our Regional Level III Neonatal Intensive Care Unit (NICU). I use music to work towards individualized goals for you and your baby.

Some of these goals may be improving vital signs, reducing stress during procedures and providing developmental and emotional support.

I use live music, singing, songwriting and instrument play to reach these goals. I work Monday through Friday between 8 a.m. and 4:30 p.m. If you are interested in music therapy services, please talk to your baby's nurse.

SUGGESTIONS FOR INTRODUCING MUSIC TO YOUR BABY:

At 28 weeks

Your baby's hearing is developing and you may utilize quiet music, specifically lullabies, to reduce stress and calm your baby.

At 32 weeks

Your baby is continuing to develop visual tracking and auditory localization skills. You may want to sing songs with hand motions (i.e. "Itsy Bitsy Spider", "Wheels on the Bus") to further develop these skills.

Your baby is also entering the early stages of language development. You may want to use songs that emphasize language (i.e. "If All the Raindrops", "Old McDonald").

At 36 weeks

Your baby may begin grasping objects, and you may want to use small instruments such as bells or rattles to reinforce this skill.

I am very excited to get to know and work with you and your baby throughout your NICU stay!



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