**GENERAL PRINCIPLES OF OUR PARENT EDUCATION PROGRAM**

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| * Each week a veteran parent buddy participates in the education and support sessions, with either a social worker, parent resource nurse or staff nurse
* Each session allows for review and discussion of any topic
* Where indicated, there are demonstrations and time allocated for practice
* Individual “hands on” training are offered to every parent following educational session. i.e. development/positioning/feeding at bedside
* Follow up with “easy to read” written information is provided
* Names and phone numbers of contact people are provided
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**Lessons learned: maintenance of a parent education program**

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| * **Interdisciplinary:**
	+ provides different perspectives
* **Allocate staff time:**
	+ provides commitment
	+ provides for continuity of staff
* **Collaboration provides:**
	+ listening, validation
	+ parents as equal partners
	+ consistent personal outreach
 | * **Visibility:**
	+ encourages staff engagement
	+ encourages attendance
	+ encourages communication
	+ increases credibility
* **Flexibility:**
	+ Off-hours, staff versus parents
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