**PARENT EDUCATION SESSIONS - OVERVIEW**

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| TITLE | TOPIC | SUMMARY OF EDUCATION SESSION |
| Medical Aspects of Prematurity –(Neonatologist) | General medical aspects of prematurity | * Overview of the systems: respiratory, CNS, (u/s and apnea) ROP, feeding, NEC, sepsis
* Family meetings, overview, “going forward”
* Distribution of handouts
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| Tubes, Ventilators and CPAP’s — What are Those RT’s Doing? | The role of Respiratory Therapists in the care of infants  | * An open discussion on the types of equipment, ventilators, O2 and care pathways for your baby
* Discussion of common respiratory disorders, RDS, BPD and other reasons for respiratory support, apnea, sepsis, PDA
* Demonstration with ventilators/CPAPS, CPAP hat, and distribution of handouts
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| All about You, the Mother of an NICU Infant | Mother’s health and well-being  | * Discussion on postpartum blues/depression, the mother’s body, birth control, “Looking after yourself”
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| Pain and your baby | Understanding infant’s signs of pain/discomfort | * Discussion on ways you can support your baby when having painful or uncomfortable procedures, handouts
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| Decrease the risk of infection and Your Baby | Understanding infection control in the NICU environment as well as at home | * General discussion addressing concerns related to NICU/Level 2 babies and their risks of acquiring infections in the hospital and at home, as well as flu and RSV season, immunizations
* Discussion on why the preterm infant at risk and how does a baby with an infection act
* Discussion around infection control at home, siblings, visitors, and going out
* Review of baby space, infant equipment, cleaning of the baby space, and changing isolette
* Overview of decreasing the risk of infections, “Where have your hands been”
* Demonstration on hand washing, alcohol hand wash/ soap and water, gloves, masks and gowns
* Distribution of handouts and infectious disease check list for parents, families, siblings and visitors
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| Interacting with Your Premature Baby | Learning how to promote your baby’s development in the NICU and following discharge  | * Discussion on “Your baby’s unique personality” and “What can my baby do?”
* Review of handling and positioning, and self-regulation of the infant
* Discussion on the five senses: hearing, touch, smell, taste and sight
* Examine parents increasing role in the care of infant, positioning, development
* Distribution of video and handouts
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| Feeding your Baby in the NICU | Understanding the role of the dietitianLearning all about the nutrition, feeding and growth of your baby | * Discussion on the normal feeding stages that a baby in NICU goes through from birth to discharge, expected growth, and how breast milk/formula and supplements help your baby to grow
* Review feeding your baby, the parent role
* Overview of how parents can help to maximize their baby’s feeding experiences, kangaroo care, NNS, oral stimulation, breast/bottle
* Demonstrations on formula preparation, sterilization etc.
* Distribution of handouts
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| Medications and your baby(Perinatal pharmacist) | Medications given from birth to discharge for the NICU infantMedications and breast feeding | * Discussion of medications used in the NICU and following discharge, their potential benefits and side effects
* Overview of immunizations, RSV
* Taste testing of medications given to infants, i.e. iron
* Overview of medications and maternal drug risk in pumping/breastfeeding, community resources
* Distribution of handouts
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| Growth & Development | Learning about your premature baby’s growth and development in the NICU and following discharge | * Information provided on corrected age, differences between a full term infant and preterm infant
* Discussion on promoting normal development in the NICU as well at home
* Overview of principles on positioning, to help soothe, and organize your baby to recreate the foetal position
* Information on activities/positioning and different positions for interaction for infants closer to full term and infants in the crib
* Activities and expectations when the infant is at home, community infant programs, neonatal clinic
* Examine parent role in promoting development at home, tummy time, head control, equal hand use, head position, flexion, supporting shoulders
* Discussion of appropriate baby equipment to promote normal develop, baby books, parental instincts, having fun
* Distribution of handouts and resources
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| Discharge planning | Planning on taking a baby home who has been dependant on medical care | * Discussion on the parent’s changing role as the baby moves closer to discharge
* Information on getting the house ready, purchasing infant equipment, car seat, crib, playpen clothing etc.
* Overview of your baby at home, Infection prevention, calling the doctor, SIDS
* Discussion on feeding your baby- breast/bottle, sterilization, formula, vitamins
* Distribution of handouts, videos (SIDS, car seat safety) and community resources
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| Your Baby at Home | Post discharge care | * Overview of community resources, neonatal clinic, lactation consultants, breast and bottle feeding in the first few months at home, parenting an ex-NICU infant
* Discussion of self-care and family relationships
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| Coping with Your Baby’s Hospitalization: Survival Tactics for Parents | Common issues which parents experienceStrategies for coping during your baby’s hospitalization. | * Discussion around supportive strategies, through sharing, baby blues, signs of post-partum depression, and “survival tactics”
* Examine process of attachment, learning about your baby, comforting your baby, and paying attention to cues
* Discussion of feelings of disappointment, failure, guilt
* Overview of your baby’s achievements, watching and learning, bringing you closer to understanding your baby’s unique personality and facilitating development
* Siblings, isolation, social supports
* Demonstration video, “To Have and Not to Hold”
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| Parenting your baby | Learning more about developmental care, physical, and social environment | * Overview of being there for your baby in the NICU, your important role, and what does it look like
* Review sound, light and interacting, behaviour and comfort
* Discussion on communication, “Time out signals”, signs of stress and stability
* Examine the importance of state, deep sleep, light sleep, drowsiness, alertness, activity and crying
* Discussion on self-regulation versus immature regulation (being able to self-comfort)
* Learn how to recognize your baby’s cues as your baby grows and develops
* Review of how to recognize and work with your baby’s unique temperament
* Create a care plan for you and your baby
* Learn to interact through touch and holding, soft voice, skin-to-skin
* Demonstration of handling and touch to decrease stressful, pacing care, flexed position, containment, prevent jerky movements
* Discussion of keeping your baby calm, i.e. soother, keep stimulation to a minimum
* Video “No Matter How Small”
* Demonstration and practice with dolls
* Distribution of handouts
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| Parenting your baby – veteran parent  | Developing a healthy relationship with your baby while in the hospital, and following discharge | * Overview of your baby’s personality, sleep/wake, recognizing signs of over stimulation and keeping calm; responding to your baby’s cries or agitation
* Discussion of ways to having fun
* Video “Simple Gift”
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| Parent Perspective | Hearing and learning from a parent who has experienced having an infant the NICU, “a veteran parent experience” | * Sharing of stories, ways to cope, suggestions/tips on getting through the experience, normal feelings of sadness, anxiety and worry, pumping, feeding
* “Dad’s night”, an opportunity for dads to meet a veteran dad
* Inviting a veteran parent back: social activities i.e. Valentine’s day, Kangaroo day, World Prematurity day
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| Parent Perspective -Veteran parent | Sharing experiences on taking your baby home | * Discussion of the first week, sleeping, feeding, going to the doctor, siblings, exhaustion, and tips
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| Weekly |
| Baby Steps to Breastfeeding (Lactation consultants) | The road to feeding your baby | * Discussion on all there is to know about “the baby steps” taken to start pumping, non-nutritive sucking (NNS), skin-to-skin, increasing your milk supply, medications and diet in preparation for breastfeeding your baby
* Distribution of handouts and videos
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| Every 3 weeks |
| Infant and Child CPR | Learning infant CPR | * Discussion on how the body works, CPR, (Circulation, Airway Breathing- CAB), heart smart, cardiovascular disease, accessing EMS, AED. When CPR may be needed, SIDS, Respiratory infections, choking, car seat safety, accidents
* Modalities of CPR- practicing
* To assist you in feeling better equipped in an emergency and more comfortable taking your baby home
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