**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 |
| 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 |
| 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” |
| 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 |
| 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 |
| 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 dietitian  Learning 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 |
| Medications and your baby  (Perinatal pharmacist) | Medications given from birth to discharge for the NICU infant  Medications 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 |
| 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 |
| 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 |
| 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 |
| Coping with Your Baby’s Hospitalization: Survival Tactics for Parents | Common issues which parents experience  Strategies 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” |
| 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 |
| 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” |
| 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 |
| 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 |
| 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 |