

H-HOPE

A Guide for Parents and Families



Welcome!

In this training module, you will learn about H-HOPE and how to provide Massage+

This presentation will last 30 minutes
You have the option to stop at any time and return later to finish



Parent Testimony

“It just really made parenting her easier. It made understanding her easier. It made calming her easier, bathing her easier, feeding her easier. ... It just made things a lot easier.”

“I felt like a Dad for the first time”



H-HOPE Video



<https://vimeo.com/463854475/095e24c39c>

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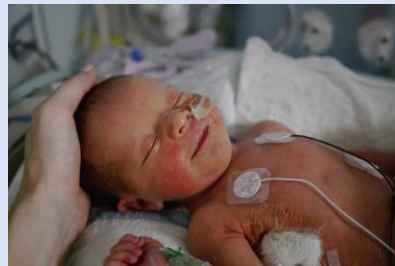
What is H-HOPE?



H-HOPE: Two Components

Infant-Focused: Massage+

Parents and clinicians support optimal infant behavior, feeding, growth, and movement.



Parent-Focused: Parents+

Parents learn how to deliver Massage+ and discover their infant's behavioral cues:

- Behavioral state
- Engagement
- Disengagement
- Feeding



Infant-Focused: Massage+

H-HOPE's **infant-focused component** is called **Massage+**.

This multi-sensory behavioral intervention provides:

- Auditory (parent voice)
- Tactile (moderate touch massage)
- Visual (eye to eye contact)
- Rocking stimulation



Infant-Focused: Massage+

- Parents learn how to give **Massage+**
- Infants receive Massage+ twice a day, whenever possible, while in the NICU and at home

Parent-Focused: Parents+

- The **goal of Parents+** is to help parents bond with their baby during Massage+ and to understand their behavioral cues
- With each massage, you will learn more about your baby's cues



Parents+: Parent-Focused Sessions

- Parents learn **infant behavioral cues and what they mean while massaging their baby. These cues include:**
 - Behavioral State (awake, sleep, drowsy, cry)
 - Engagement (Ready to interact)
 - Disengagement (Need a break)
 - Pre-feeding Cues
 - Hunger and Satiation (when the baby is full)
- Parents practice **Massage+** on their baby and plan to continue at home twice a day, whenever possible

Benefits of H-HOPE from 40 years of research



Benefits to Infants

- Promotes **social communication and bonding** between parent and baby
- Becomes **more awake and ready to feed**
- Improves **oral feeding and growth**
- Reduces **infant stress**



Benefits to Parents and the Parent-Infant Bond

- Offers a way to **bond** and learn to **recognize your baby's cues**, especially subtle cues
- Increases **confidence** in caring for your preterm baby
- Increases **social responsiveness of babies** to promote positive **parent-infant interaction**



How to do H-HOPE

Massage+




















How to do H-HOPE

Parents+




Learning your
baby's behavioral
cues



Infant Behavioral States – Preterm Infants

State	Characteristics	
1. Quiet Sleep	Eyes closed and still; minimal movement except for startles or mouthing	
2. Active Sleep	Eyes closed with slow rolling movements under the eyelids; minor twitches and stretching movements; baby may even smile!	
3. Drowsy	Baby may be waking up or falling asleep; eyes open and close; some movement	

Infant Behavioral States

State	Characteristics	
4. Quiet Alert	Eyes open and bright; little or no movement or some facial movements; state most optimal for social interaction	
5. Active Alert	Eyes generally open; active movement of arms and legs, often accompanied by facial expressions and/or brief vocalizations; state most optimal for feeding	
6. Fussing/ Crying	Active movement of arms and legs often associated with mild fussing to continuous crying	





Engagement & Disengagement Cues

Continue	Slow	Stop
<ul style="list-style-type: none">• Wide eyes• Bright face• Hands open• Fingers flexed• Eyes searching• Facial focus• Eye contact• Smooth cyclical movements	<ul style="list-style-type: none">• Frowning• Eyes tightly shut• Refusing eye contact• Sticking out tongue• Struggling movements	<ul style="list-style-type: none">• Crying• Whining• Hiccoughs• Fussing• Spitting up• Places hand out to stop

Pathways.org, Barnard, Keys to Caregiving, 1997

Pre-Feeding (Hunger) Cues

Ways your baby shows they are hungry

Baby is crying		Baby brings hand to mouth	
Baby moves mouth to suck or stick out tongue		Baby's arms and fingers are bent, fingers may be opening or closing	
Baby bends arms and makes a fist		Other hunger cues: baby's face, eyes or body may tense up, looking around or moving, or making quiet noises	

Satiation Cues

Ways your baby shows they are full

Arms straight and
alongside body



Relaxed or falling
asleep



Eyes closed and arms
straight; baby no longer
interested in sucking



Other satiation cues: may have no facial
expression, may yawn

What Parents Tell Us...

“I learned to listen to my child, even though she couldn’t speak, I can read her body language and facial expressions. This allowed me to see her likes and dislikes.”

“As a result, I experienced closeness with my child. I felt I could comfort her. I changed because I finally knew how I could soothe my child. The level of care I offered her was increased and benefits both of us. It infused excitement.”



What Parents Tell Us...

Prior to the program, I was pretty scared about handling him. I would prefer, for me to sit down and the nurse to hand me the baby. But now it's like, I'm confident in picking him up out of the crib, sitting down with him, and putting him back, **so I feel more confident doing that now.**"

Review of Massage+



<https://vimeo.com/500531948/de8d4472e4>

Thank you!

Pathways.org,

National Institute of Child Health and Human
Development, National Institutes of Health