

H-HOPE Tip Sheet – Strategies for Parents + Session 1

1. Each day and throughout the shift assess infant's eligibility for H-HOPE.
2. Schedule a date and time with the parents to learn about H-HOPE and participate in the Parents+ session. Include this information in rounds and/or handoff.
3. The best place to do the session is at the infant's bedside approximately 45 minutes before the infant's next feeding. Gather items for teaching (doll and handouts from Pathways.org).
4. Use active listening and respond to the parent's concerns and interest in learning about their infant.
5. The teaching session usually takes 20 minutes. If time is limited, divide the teaching into smaller sessions. Document what information was taught in the inpatient record.
6. **Sample Teaching Plan for how to conduct Massage+:**

Introduction and talk about getting to know your baby
Discuss: Infant Behavioral States, Engagement & Disengagement Cues
Discuss: Pre-feeding Cues (orally directed behaviors), Hunger and Satiation Cues
Parent practices Massage+ on a doll using the Massage+ Guide
Parent gives Massage+ to baby before the feeding
Closing: Summarize information shared with the parent, and circle back to their needs

Sample Script:

Introduction:

Introduce yourself and ask for permission to begin the session. Start the session with the purpose of initiating a conversation with the parent, and addressing any parent concerns before teaching, including making any appropriate referrals. Here are some questions to ask:

- Let's start out by discussing how you're doing. Sample questions: How are things going for you? How are you doing today?
- What do you need today from the nurses and other providers?
- How can I help you?

After the parent's issues are addressed, focus on the baby.

- Do you have any questions about your baby?
- Is there anything you'd like to know about your baby?
- Add any information to remember for next time and include referrals needed in the nursing notes (or however managed at your site)
- You have a beautiful baby (look at the baby together). Your baby [is getting stronger and] is now ready for H-HOPE.
- H-HOPE is a program we provide for babies and parents as your baby gets ready for social interaction with you. With H-HOPE, parents learn about how preterm babies behave and how to understand what your baby is telling you. Then you learn how to give your baby Massage+, which helps your baby eat, grow and develop new abilities.

- After you learn how to do Massage+, you can do it every time you visit before a feeding. When you are not at your baby's bedside, the nurse or therapist will give your baby Massage+ because it is best to give Massage+ twice a day.
- After you learn Massage+, you can teach other family members how to do Massage+ too.
- I'd like to talk with you about how to do Massage+ and your baby's behavioral and feeding cues.
- While you give Massage+ to your baby, we learn together what your baby likes and dislikes.

Closing and Reminders for Next Session

At the end of every session, ask the parent if they have questions. Address parent needs.

- How did you feel about doing Massage+?
- Now you've learned how to do Massage+, remember that your baby's nurse will be able to help you whenever you want help or a reminder.
- When do you think you will be able to come and do Massage+ with your baby? It's good to figure out when that will work for you.
- Schedule the next parent visit. Example: "Can you text or call this number every day when you plan to come and do Massage+ so that we can schedule your baby's Massage+ sessions and do Massage+ when you can't be here?"
- You will meet again with someone taking care of your baby before your baby goes home to discuss any concerns you might have about Massage+ and prepare for your baby going home.
- Parent can also watch videos on H-HOPE/Massage+ on Pathways.org (**ASK JESSIE ABOUT THIS – HOW DO PARENTS ACCESS ON PATHWAYS**)