

H-HOPE Tip Sheet – Strategies for Parents + Session 2: Discharge

1. Schedule a date and time with the parents to review Massage+, include this information in rounds and/or handoff.
2. The purpose of the Parents+ Session 2 is to encourage parents to continue Massage+ after the baby goes home. And, to help parents prepare for some of the changes they can expect during the transition to home.
3. Parents learn about back to sleep and signs/symptoms of illness. Some of this information is already taught at discharge.

4. Sample Teaching Plan:

Introduction and talk about what you know about your baby
Review Massage+ and answer questions
Discuss Back to Sleep practices and answer questions about safety practices
Discuss signs and symptoms of illness and what to do in an emergency
Address any additional questions

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 today about your baby?
- Is there anything you'd like to know about your baby?
- You have a beautiful baby (look at the baby together). Your baby [is getting stronger and] is now ready to go home.
- Today we will talk about safe sleep and signs and symptoms of illness.
- Also we will review Massage+ and discuss its importance for your baby's development.
- As you baby grows, it may be necessary to feed the baby first and give Massage+ after the feeding.
- H-HOPE helps you (as parents) feel more confident in understanding your baby's behavior and how to interact.
- We want to help you plan to continue providing Massage+ until your baby is at home for about 6 weeks.
- At the end of the session, ask the parent if they have questions. Address parent needs.