

H-HOPE Tip Sheet – Strategies for Parents + Session 3: 2-3 Days Post Discharge

1. The purpose of Session 3 is to provide support for Massage+ in the home and to discuss how to calm a fussy baby.
2. Schedule a date and time with the parents for a screen time/phone appointment.
3. Have the script available at the time of the appointment. For further information review the Manual.
4. Use active listening and respond to the parent's concerns and interest in learning about their infant.
5. The teaching session usually takes 10 minutes. If challenged to schedule and complete this appointment, combine Sessions 3 and 4.

6. Sample Teaching Plan:

Introduction
Review previous session content: Follow parent interest and need
Discuss: How to calm a fussy baby
Ask parents if they any questions about Massage+
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?
- 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?
- Assess parents for any needed referrals. Refer to your NICU's list of resources.
- Ask about how Massage+ is going. It is best to give Massage+ twice a day, even now at home.
- Ask parents if they have any questions about their baby's behavioral and feeding cues.
- Discuss ways to calm a fussy baby. Follow the handout to share this information with parents.

Closing and Reminders for Next Session

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

- Schedule the next parent visit.
- We will talk again when your baby has been home for two weeks.
- Remind parents they are videos and handouts available on H-HOPE/Massage+ on Pathways.org

H-HOPE Tip Sheet – Strategies for Parents + Session 4: 2 Weeks after Discharge

1. Confirm the date and time with the parents for a screen time/phone appointment.
2. The purpose of the Parents+ Session 4 is to discuss *Feeding is More than Eating, Tummy Time*, and the baby's *Developmental Milestones* to help parents prepare for some of the changes in their baby as they grow and develop.
3. Have script available at the time of the appointment. For further information review the Manual.
4. Use active listening and respond to the parent's concerns and interest in learning about their infant.
5. The teaching session usually takes 10 minutes.
6. Encourage parents to continue Massage+ for as long as the baby enjoys it.

7. Sample Teaching Plan:

Introduction, review Massage+ and answer questions
Review Back to Sleep practices, answer questions about safety practices, what to do in an emergency, and signs and symptoms of illness
Discuss <i>Feeding is More than Eating, Tummy Time</i> , and the baby's <i>Developmental Milestones</i>
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?
- 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 at this time about your baby?
- At this time remind parents that as their baby grows and develops, their behavior and needs will change.
- Today we will talk about *Feeding is More than Eating, Tummy Time*, and the baby's *Developmental Milestones*. For more information, download the app from Pathways.org.
- We will discuss the importance of Massage+ for your baby's development.
- As you baby grows, it may be necessary to feed the baby first and give Massage+ after the feeding.
- At the end of the session, ask the parent if they have questions. Address parent needs.