

Script- How to Show Parents

1 – How to do H-HOPE: Parents+

2 – Parents+ engages parents using participatory guidance and experiential learning

3 – Clinicians use bidirectional communication when teaching and interacting with parents. Both clinicians and parents each contribute to the parents learning. Clinicians use active listening to understand parents' concerns. Clinicians tailor content, learning and support to parent's needs.

4 – Parent feedback highlights the change in parent experience after receiving Parents+

5 - Each participatory guidance session follows the same plan. Begin with asking about the parents' concerns and what they want to learn about their baby. Talk about infant behaviors and caregiving, adding new content to each Parents+ session. Massage+ is introduced at the first session and practiced and reviewed in subsequent sessions. Always address any remaining questions at the end of each session.

6 – The first Parents+ session begins with an overview of infant behavioral cues. These include behavioral states, engagement and disengagement behaviors, pre-feeding behaviors and hunger and satiation cues.

7 – Session I: The first Parent+ Participatory Guidance Session occurs when the infant reaches 31-32 weeks gestational age or as soon as the infant is stable, if born between 33-35 weeks...the clinician begins with a description of infant states, and engagement and disengagement cues to help the parents understand the many behaviors that infants use to express themselves. These also include cues that indicate hunger and satiation. Cues are further reinforced when the parents learn to read, interpret and respond to the infant's behavior while giving Massage+ to their infant.

8 – Review with parents the six behavioral states as an infant transitions from quiet sleep through fussy/crying.

9- The quiet alert state is the state most optimal for social interaction, while the active alert state is the optimal one for a successful feeding.

10 – This chart is available in the parent manual and a valuable resource for parents to understand their infant's behavioral cues using a visual cue of green, yellow and red.

11 & 12 – Parents also need to learn their infant's specific pre-feeding behaviors and satiation cues to help them learn when their infant is hungry and full.

13 – During the session, review with parents acceptable physiologic responses to Massage+ and those responses indicating instability and when to stop. Reinforce how to understand these responses during a feeding.

14 – Session II: Parents+ session 2 occurs 1-2 weeks before discharge. Review the behavioral cues from session one and discuss specific cues that parents have observed. Review Massage+ and answer any parent questions. Discuss with parents how they will continue Massage+ at home. Review information on safe sleep.

15 – H-HOPE can become a bridge to helping parents understand their infant's behavior and develop confidence in their parenting skills. When parents take their infant home without understanding their infant's behavior and how to interact, it can feel like a difficult transition for the new family.

16 – Session III: The third Parent Participatory Guidance session occurs 2-3 days after discharge from the NICU. The purpose is to provide support for Massage+ in the home and to discuss how to calm a fussy baby.

17 – Session IV: Session IV occurs approximately two weeks after discharge as the parents and baby create their home routine. In addition to answering any questions about Massage+, the clinician how feeding is more than eating, the importance of tummy time and observing developmental milestones. If parents are unable to schedule two separate sessions after discharge, one session may combine the information from the two sessions.

18 – Video is an example of how a Parent Participatory Guidance session may be conducted in the NICU.