

Script – Guide for Parents

1 – H-HOPE: Hospital to Home: Optimizing the Preterm Infant Environment

2 – 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.

3 – Parents who have used Massage+ with their infant have told us how much they like it. One mother said, “It just really made parenting her easier. It made understanding her easier. It made calming her easier, bathing her easier, feeding her easier...It must made things easier.” And a father said, “I felt like a Dad for the first time.”

4- Video

5 – This video will show how a mother begins to use Massage+ on her preterm infant

6 – What is H-HOPE?

7 – H-HOPE has two components: Massage+ and Parents+

Infant-focused Massage+ is what you will learn to do with your baby before a feeding while in the NICU. Once you go home and the baby wakes up and wants to eat right away, then you can do Massage+ after the feeding.

Massage+ improves infant behavior, feeding and growth.

In the parent-focused component: Parents+, parents learn about their baby's behavior while giving Massage+.

8 – When a parent gives Massage+, the baby hears the parent's voice, feels the touch, sees the parent and feels the rocking like before birth.

9 – Research shows babies do better when they receive Massage+ twice a day.

10 – The goal of Parents+ is to learn and understand your baby's behavioral cues.

11 – Parents learn their baby's behavioral cues and what they mean, while doing Massage+.

12 – There are many benefits for babies, parents and the parent-infant relationship.

13 – Massage+ helps babies relax, communicate and bond with their parents.

14 – H-HOPE gives parents' confidence to care for their baby and understand their behavioral cues.

15 – Let's review the steps of Massage+.

16 – To start, the parent talks to the baby for 30 seconds using “motherese”, which includes talking softly, raising the pitch of the voice and then waiting for the baby to

move in some way. Baby's response could be an eye blink, or even raising the finger. Then the parent continues talking to the baby.

17 – Here we see the baby raise her finger in response to the parent's voice.

18 – The massage begins with the baby's head. Gently stroke the baby's head six times from the forehead to the nape of the neck.

19 – Then begin to stroke the baby's arms, legs, and all the way down the chest to the tummy. The baby in this picture has a central line so the parent did not stroke her baby's chest. Stroke each arm and leg three times and then the chest. Then turn the baby over and stroke each side of the back 6 to 10 times. Next use a circular motion over the spine 6 to 10 times.

20 – In this picture, the baby yawns. The parent removes her hands and stops the massage to let the baby recover and then continues. This is an example of a potent disengagement cue.

21 – The massage lasts about 9 and a half minutes and the parent continues to talk with the baby throughout the entire massage. You may want to return to the body part that the baby liked the best!

22 – To finish Massage+, swaddle your baby and rock side to side away from your body for 5 minutes. Continue talking to the baby while rocking.

23 – An important part of giving Massage+ is learning your baby's behavioral cues.

24 – Babies communicate how they are feeling with different behavioral cues. Babies spend a lot of time sleeping, and have different types of sleep. Knowing the types of sleep will help you to understand the differences.

25 – When babies are awake, they show you when they are ready to communicate or when they are ready to feed.

26 – Babies give signals when they want to communicate. These are called engagement cues. They also can tell you when they need a short break or need to stop communicating. These cues will guide you during the massage to help you learn when to continue, slow down or stop.

27 – Babies have different ways to let you know they are getting hungry. This slide shows different hunger cues.

28 – Babies also have different ways to let you know when they are full. These include arms relaxing alongside the body, no longer interested in sucking, or falling asleep.

29/30 – Parents have shared the benefits of giving Massage+. [Read quotes]

31 – Click on the links to follow the video library available to you.

32 – Here is another video of Massage+.

- 33 – We hope this presentation was helpful to you. For further information, we include additional videos and educational materials that are free on [Pathways.org](https://www.pathways.org).