



The Parent Book: Parent Led Learning in the Neonatal Intensive Care Unit



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Introduction

Parents of babies in the Neonatal Intensive Care environment are at risk of inadequate involvement in care and **pivotal moments** with their baby. Parent's level of involvement can depend on the capacity of the nursing staff to encourage and **empower** parent's to be partners in care.

Purpose

To shift the **power to the parents** and give them control of their learning, involvement and opportunities in caring for their baby.

Methodology

A survey was conducted to investigate what **information** parents wanted to know, what **skills** they needed to acquire and how they wanted to learn these skills.

Design & Development

The target group was parents of babies who attended the Neonatal Units within the Child and Adolescent Health service between August and October 2020.

Results

Parents need different information at different times during the care pathway for newborns. The primary request was for **more information at the time of admission**. A common theme identified was inconsistency of information given to parents by nursing and medical staff resulting in confusion and uncertainty for parents. To meet these needs as informed by this research, 'The Parent Book' was developed.

"I wanted more information about caring for my baby at home."

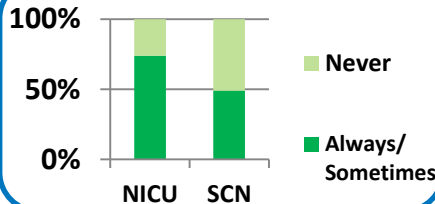


Figure 1. Did you feel like you needed permission to hold your baby?



"It's confusing when you are told different things."

Conclusion

The Parent Book is a **guiding tool** to help parents be involved with their baby, on their terms, in the first moments and for the duration of the hospital to home journey. With more consistent information provided to families, the anticipated outcome is empowerment in care and bonding. The impact will be measured post-implementation.

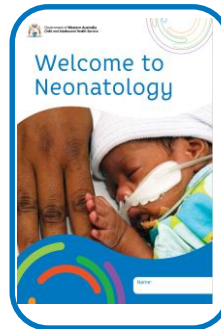


Figure 2. Pilot publication of the Parent Book

