

Guiding programs for parents of preterms - what might be the core elements?

by Inger Pauline Landsem
Postdoc/associate prof.

University Hospital of North Norway & UiT the Arctic University of Norway
Tromsø

The MITP-intervention was modified and generated positive results on:

- Preterm born infants social communication and temperamental reactivity at one year
- Maternal stress reduction from infancy to middle school-age
- Paternal stress reduction in infancy and preschool years
- Children's behavior problems in preschool years
- Children's attentional problems and adaptation to school environments at 7 and 9 years.

<https://uit.no/prematur>

Core elements of the parent-guiding program

- a) Parents' capacity, to receive counseling and attendance are strengthened by talks where experiences, feelings and fears are shared– as much as the parents want.

Prepare for an alliance



Core elements of the parent-guiding program

- b) Parents' feelings, of bonding and joy with their child, are strengthened by demonstrations of the child's social interest and capacities to orient to animate or inanimate stimuli



Core elements of the parent-guiding program

- c) Parents are guided to recognize signs of stress or well-adjusted states in their child's autonomic, motoric, state and orienting systems



The body language!



Foto: Stig Brøndbo/ En bedre start

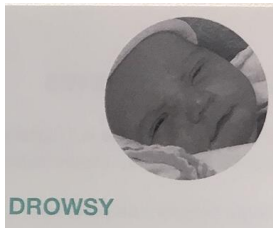
Core elements of the parent-guiding program



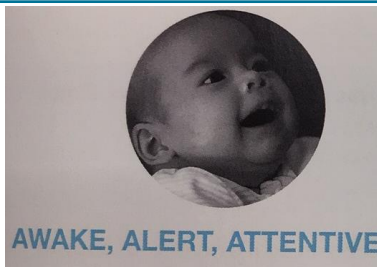
DEEP SLEEP



LIGHT SLEEP



DROWSY



AWAKE, ALERT, ATTENTIVE



AWAKE, ACTIVE AND FUSSING



CRYING



- d) Parents and the MITP-guide share observations of the child.
Parents learn to know how the child express different states
and recognizes how his/her usually shift between them

*These pictures are from the pamphlet developed by
the Norwegian NBO-trainer team*

Core elements of the parent-guiding program

e) Parents can initiate and maintain social interactional moments with their child, within the framework of his/her capacity to participate



Foto: Stig Brøndbo/ En bedre start

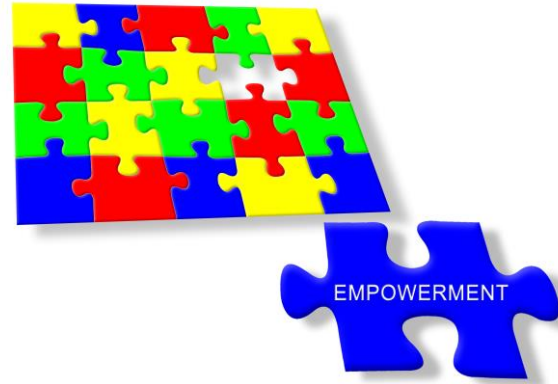
Core elements of the parent-guiding program

- f) Parents become able to adjust daily care for their child in ways that enabled the child to maintain or recover an organized condition and behavior



Core elements of the parent-guiding program

g) Parents trust their own competence and ability to take responsibility for their child



Findings in interview's after discharge:

In comparison, to the parents that participated in the MITP-m, parents in the preterm control group seem more occupied by memories about how superior the care given by NICU-professionals had been compared to themselves. After the MITP, parents were more confident with themselves!

Core elements of the parent-guiding program

- A step by step guidance –
- given by the same person across all sessions, pre- and postdischarge
- recognizing and promoting parents' and child resources and coping attempts
- highlighting both the child's capacities and his/her need of support
- supporting parental curiosity - applauding their attempts to adapt to changes related to the child's maturation and grow
- support parents ability to recognize and accept the individual, temperamental style of their child

