



SENSORY BABIES
Nurture with Knowledge

Sensory Babies Newsletter

Learn, Share, Love, Connect

INSIDE THIS ISSUE:

Learn: Long term effects on premature babies

Share: Transformative Nursing in the NICU

Love: Lindsay's ultra-triathlon

Connect: New courses

Welcome

Welcome to our eighth edition of our monthly newsletter. This newsletter will be divided into sections to reflect our core beliefs; Learn, Connect, Share, Love.

<https://sensorybabies.org/online-training/>

Share

Our new NICU Nurture and Knowledge Course launches September 20th 2021

(More details on the website and in our newsletter connect section)

Books

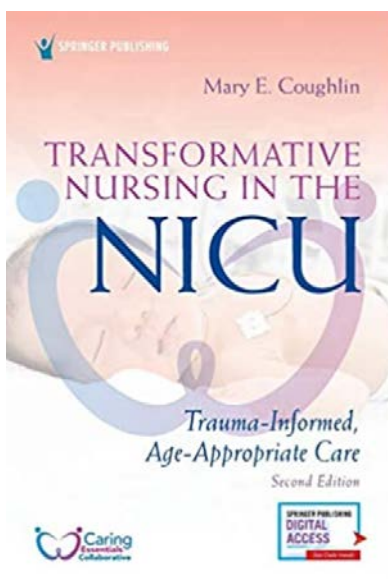
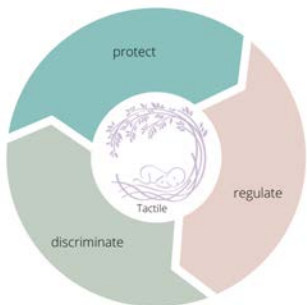
We would like to share the following books, articles and webinars with you.

We would like to recommend Coughlin M (2021) Transformative nursing in the NICU; trauma-informed, age-appropriate care. Second Edition Springer Publishing.

Mary's latest book includes 5 new chapters including:

- Neurological consequences of NICU trauma
- The value proposition of trauma-informed care in the NICU
- The Science of Trauma-informed care in the NICU
- The Soul of Trauma-informed care in the NICU
- Attributes of the Trauma Informed Professional

This book is well worth a ready to begin to understand the biological effects of neonatal trauma, changes to the neuroendocrine-immune network and epigenetics.



Share

Articles

Hot off the press Kati Knudsen and her team have published a wonderful article that demonstrates the benefits of collaborative care and quality improvement to implement neuroprotective and neuropromotive strategies to implement outcomes for premature infants.

<https://pubmed.ncbi.nlm.nih.gov/34330870/>

Knudsen K, Steffen E, Sampson L, Bong K, Morris M (2021) Collaboration to improve neuroprotection and neuropromotion in the NICU: A quality improvement initiative.

Neonatal Network 40 (4): 201-209

Another exciting read this month is the American Academy of Pediatrics clinical report on trauma informed care.

Where they state that traumatic experiences have effects at the molecular, cellular, and organ level, with consequences on physical, emotional, developmental, and behavioural health across the life span. Their clinical report summarises practical and current advice for rendering trauma informed care across varied medical settings .

<https://pediatrics.aappublications.org/content/148/2/e2021052580>



Love

This month Lindsay has been living the core values of Sensory Babies Share, Connect, Learn and Love.

She has been studying hard and has now completed her trauma informed certification. In addition she has been preparing for her ultra-triathlon, where she cycles 170 miles following Hadrian's Wall coast to coast.

She then swims 800 metres across Loch Lomond.

During her final weekend she will complete the three-peak challenge, where she will climb over 9,800 feet of mountain.

She is doing this because she is slightly mad but also because she loves to share, learn, love and connect with others, while also raising money for PACE.

Please find more details in the link below.

<https://thepacecentre.enthuse.com/pf/lindsay-hardy60-05209-f0c28>



Connect

We are delighted to offer you a variety of online learning options.

Sensory Babies Main Course

Our main course is our most popular and in-depth course (click on link to read objectives and modules in detail)

- The course includes 11 modules, 27 webinars, references, resources, practical activities, worksheets and bonus material.
- Access to monthly mentoring sessions facilitated by Lindsay Hardy and Emily Hills
- You are required to complete a short multiple-choice quiz at the end of each module to consolidate your learning.
- You will receive a certificate confirming 36 hours of online learning on completion of the course.

This course is for you if:

- You want a deeper understanding of sensory processing in early human development
- You want to enhance your early intervention or neonatal practice
- You want to understand how to change the sensory environment to influence behaviour.
- You want access to the high quality evidence based education
- You want monthly support to discuss clinical questions and improve your practice.
- You want to reflect on your practice

To celebrate going back to school we are offering £100 off our Sensory Babies Online course.

You can purchase the course directly through our website for £395 or via three monthly instalments.

Click [here](#) to purchase



Connect

NICU Nurture and Knowledge Course

Our latest online learning course is our NICU Nurture and knowledge course focuses on the neonatal unit and the immediate days at home.

Presentations:

1. Neurobiology (1:20:48)
 2. Sensory Systems (2:20:36)
 3. History of neonatal care (37:07)
 4. Understanding baby behaviour (37:06)
 5. Sensory experiences in the neonatal unit (1:02:14)
 6. HIE and the sensory environment (42:30)
 7. Fathers in the neonatal unit (42:13)
 8. Neonatal sensory interventions (49:22)
 9. Neurodevelopmental outcomes in the NICU (40:24)
 10. Leaving the NICU (18:03)
 11. Therapeutic Use of Self in the NICU (50:49)
- The course includes 11 presentations, references, resources, practical activities and worksheets
 - You are required to complete a short multiple-choice quiz at the end of each module to consolidate your learning.
 - You will receive a certificate confirming 14 hours of online learning on completion of the course

This Course is for you if:

- You are working in the neonatal unit or dream of working in the neonatal unit.
- You want to improve your understanding of neurobiology, sensory development and stress in relation to neonatal care.
- You are passionate about providing family centred care
- You want to continually improve the service you provide
- You want a shorter online course

Price: £190 however the exclusive launch price will be £140!

This course will Launch at the end of September.

Please follow our social media pages and emails for up to date information



Connect

Presentations purchased individually

The following presentations can be purchased individually or in bundles of 5.

These presentations are for you:

- if you have previously taken a course with us but are interested in further presentations.
- If you are interested in developing your neurobiology knowledge
- If you would like an introduction to sensory development
- The neurobiology and sensory systems presentations will be particularly interesting if you are beginning your sensory integration/processing journey or you are a student.
- If you are interested in understanding baby behaviours
- If you are interested in understanding your role in a nurturing environment

Presentations

1. Neurobiology (1:20:48) £20
2. Sensory Systems (2:20:36) £30
3. Understanding baby behaviour (37:06) £15
4. Sensory experiences in the neonatal unit (1:02:14) £20
5. HIE and the sensory environment (42:30) £15
6. Fathers in the neonatal unit (42:13) £15
7. Leaving the NICU (18:03) £10
8. Therapeutic Use of Self in the NICU (50:49) £15

Buy presentations individually or purchase all 8 for £120 (£20 discount)

This course will Launch at the end of September.

Please follow our social media pages and emails for up to date information



Connect

Neonatal Course

St Michaels Neonatal Unit Bristol and Royal Devon and Exeter Neonatal Unit have both embarked on the Sensory Babies journey. We have added additional modules, included reflective practice and added mentoring sessions. We really hope everyone enjoys it.

Perinatal Course

We have booked our first Sensory Babies course solely for perinatal course participants to take place in November 2021

We are currently working on adding new presentations

International Courses

Unfortunately we are putting travel to run international courses on hold for the moment. The levels of Covid, the shifting and last-minute changes in travel requirements has beaten us. Despite our best efforts we have had to cancel up coming overseas courses. We hope we can resume our travels in 2022.

We will continue to deliver live on-line courses and are excited to be working with our wonderful Peruvian colleagues again and delivering Sensory Babies live online January 14th, 15th and 16th

For more information please email: espacio.xoma@gmail.com



Neurodevelopmental Follow Up

Each year, around 13,000 babies are born very prematurely (before 32 weeks' gestation) in England alone.

Although most babies who are born early do incredibly well, being born very premature can have long term effects on a child's development. (Prism study, 2019)

<https://www.nottingham.ac.uk/helm/dev/prism/rlo2/index.html>

There are number of global longitudinal follow up programmes that monitor the survival and developmental outcomes of preterm infants.

In the United Kingdom EPICURE provides data on extremely preterm babies from 22 to 26 years from 1995 to 2006, EPICURE 2 from 2006 to present (see link)

<https://www.ucl.ac.uk/womens-health/research/neonatology/epicure>

EPIpage is a French nationwide longitudinal follow up programme or extremely, very preterm and moderately preterm infants. The programmes aimed to improve the outcome of preterm children in France

<https://www.bmj.com/content/373/bmj.n741>

These and other longitudinal studies have demonstrated that Premature infants still have a 79-80 times greater risk of Cerebral Palsy compared to full term individuals (Hollanders JJ et al, 2019)

In addition they are at greater risk of behavioural problems, sensory processing difficulties, developmental delay, poor mental health and poor academic performance. In particular prematurity has adverse effects on maths attainment following birth at all gestations <36 weeks. Impacts on IQ and basic mathematics processing <34 weeks' gestation.

Neurodevelopmental follow up combines medical and developmental follow up to ensure that every child and their family have the best start to life.

The NICE Developmental follow up of children and young people born preterm guidelines (2017) recommends that developmental support and surveillance should be provided by the neonatal multi-disciplinary team (MDT) up to 2 years corrected to the following high-risk population:

- Born less than 30 weeks
- Born between 30-36 weeks (grade 3 or 4 IVH or PVL)
- Grade 2 or 3 HIE
- Neonatal bacterial meningitis
- Herpes simplex encephalitis



Learn

The guidelines recommend two face to face follow up visits in the first year of life that focus on development:

- Between 3 to 5
- By 12 months
- Detailed face to face developmental assessment at 2 years (recommends use of PARCA-R to identify global developmental delay, learning disability or language problems (22-26 months)
- Face to face developmental assessment at 4 years for all children born before 28 weeks' gestation

<https://www.nice.org.uk/guidance/ng72>

There are a number of different neurodevelopmental follow up programmes that are used across the United Kingdom. Below is an example of a neurodevelopmental follow up programme.

Who

- Born less than 32 weeks
- Born less than 1000grams
- Term infant with HIE
- Other neurology or abnormal MRI

Why

Early intervention needs to be family centred and holistic, the aim is:

- To provide families with the opportunity to look together at the next stage of development.
- To discuss any developmental concerns
- To provide national data for outcomes of this high-risk population
- To ensure no child or family slips through the net and timely early intervention is provided

The goal of early intervention is “to promote child health and well-being, enhance emerging competencies, minimise developmental delays, remediate existing or emerging disabilities, prevent functional deterioration and promote adaptive parenting and overall family function” (Shonkoff, cited in Spittle & Treyvaud 2016).



Learn

Neurodevelopmental follow up supports families with baby occupations play, sleep and eating. The neonatal MDT also review the core skills that underpin these occupations:

- Cognition
- Expressive language
- Receptive language
- Fine motor
- Gross motor
- Social emotional development
- Attention and concentration
- Self-regulatory skills
- General movements
- Behaviour
- Muscle tone
- Asymmetries

What

Neurodevelopmental follow up begins on the neonatal unit and may include a variety of standardised assessments, clinical observations and discussions with the family and neonatal MDT. Below is one example of standardised assessments that might be used and when they might be implemented.

- Before Discharge: NBAS and Prechtl Assessment of General Movement
- 3 months: Bayley and Prechtl
- 6 months: Bayley
- 12 months: Bayley
- 24 months: Bayley and Hammersmith

A comprehensive report and recommendations are provided to the family. EISMART provide detailed leaflets to support neurodevelopmental follow up.

<http://www.eismart.co.uk/ei-smart-developmental-play-leaflets/>

