



FOUNDATION TOOLKIT FOR FAMILY CENTRED DEVELOPMENTAL CARE (FINE 1)

FINE 1 is the first step in a multidisciplinary educational pathway that aims to translate the theory and evidence behind infant and family centred developmental care (IFCDC) into practice in hospital settings that care for preterm and newborn infants.

Aims

This course will.

- Explain the theory and evidence behind infant and family centred developmental care
- Introduce the key principles and themes that underpin best practice
- Help you to recognise strengths and challenges in your practice
- Explore practical ways to enhance practice.

Who should attend?

This course is recommended for everyone working with infants and families in hospital settings, including doctors, nurses, midwives, nursery nurses, therapists and managers.

What is provided:

- On-line resources and a live-on line study day.
- A high quality set of lecture notes
- Practical tools to use and share.
- Faculty with advanced training and extensive clinical experience.
- Certificate of attendance



Course outline

The course is run in two parts

Part 1: Theoretical Foundations

You will be given access to a set of short lectures and notes to view in your own time.

Topics include

- Brain development
- Behavioural observation
- Family engagement
- Stress, pain and comfort
- Sleep
- Sensory development
- Motor development
- Kangaroo care
- Early feeding experience.
- Nurturing staff

Part 2: Practical applications

You will be invited to a **one day live on-line tutorial** led by experienced practitioners.

This session includes interactive activities, demonstrations and discussion to explore IFCDC in practice.

Topics include

- Behavioural observations
- Evaluating practice e.g. stress, pain and comfort
- Facilitated parent participation
- Adapted caregiving
- Managing medical procedures
- Positioning and handling
- Feeding skills
- Personal action plans

For more information go to www.finetraininguk.com