

Developmental Care News

Autumn 2025

Keeping up.....

The not-so-golden hour.

Very little has been written about the experience of preterm babies, their mothers and birth partners in the delivery room. This case study highlights opportunities for, and potential benefits of, infant and family centred developmental care practices during the critical hour after birth. Trish Bellingham carried out this study as part of her FINE 3 course. **The not-so-golden hour: A case study.** Bellingham T, Warren I. *J Neonatal Nurs.* 2025;31(3):101662. <https://doi.org/10.1016/j.jnn.2025.101662>

Parent-led neonatal pain management.

This review describes the benefits and feasibility of parent-led pain reducing methods and discusses clinical challenges, implementation strategies, and implications for future research. **Parent-led neonatal pain management – a narrative review and update research and practices.** Ullsten A et al. 2024 *Frontiers in Pain Research* (5) doi.org/10.3389/fpain.2024.1375868

Parents' and nurses' perceptions of parent-delivered pain-alleviating interventions concluded that mental and practical preparation is central to successful implementation, promoting self-efficacy and parents' and nurses' confidence. **"Preparation Is Key": Parents' and Nurses' Perceptions of Combined Parent-Delivered Pain Management in Neonatal Care.** Misic MC et al. 2024 *Children* 11(7), 781; doi.org/10.3390/children11070781

Is elective extubation during skin- to- skin safe?

The safety and tolerance of elective extubations in preterm newborns (n 142, ga <32 weeks and/or bw <1500 g) during skin-to-skin care was compared to those performed in an incubator. Extubation during skin-to-skin proved to be a feasible, safe and well-tolerated practice. **Elective extubation during skin-to-skin care in preterm newborns is safe and well-tolerated.** Morey-Olivé M, et al. 2024. *Acta Paediatrica.* doi.org/10.1111/apa.17496

Exposure to clinical stressors during the first month on a NICU.

This multicentre Dutch study quantified stress exposure using the NeO-stress scale on infants (ga < 29 weeks) during the first 28 days of admission to a NICU. Stress exposure varied over time and according to infant characteristics. Nasal/oral endotracheal suctioning were key contributors to high stress scores. **Exposure to clinical stressors during NICU admission in preterm Infants.** Meesters NJ et al. *European Journal of Pediatrics* (2025) 184:196. doi.org/10.1007/s00431-025-06018-7

Does infant and family centred developmental care education make a difference?

Close Collaboration with Parents is a multiprofessional educational intervention for NICU staff including e-learning, bedside practice and reflection. It aims to improve Family Centred Care (FCC) culture by developing staff skills in communication and collaboration with parents, and parenting support. The quality of FCC was assessed in 6 neonatal units using digital questionnaires for parents and staff before and after the implementation of the intervention. Both groups perceived improvements that appear to be influenced by how many staff completed the full training. Particularly improvements included parents' experience of shared decision-making, staff's ability to provide emotional support and their trust in the staff. **Outcomes Following Close Collaboration With Parents Intervention in Neonatal Intensive Care Units; A Nonrandomized Clinical Trial.** Itoshima R et al. *JAMA Network Open.* 2025;8(1):e2454099. [doi:10.1001/jamanetworkopen.2024.54099](https://doi.org/10.1001/jamanetworkopen.2024.54099)



Alyanna, Beverley, and Audreinne with Dr. Nikk Conneman NIDCAP Master Trainer.

NIDCAP in the UK

The UK NIDCAP Centre at University College London Hospital will soon be able to offer NIDCAP training in the UK again with Beverley Hicks as the new NIDCAP Trainer. Dr Audreinne Samut and Alyanna Mae Lim, Neonatal Nurse will be the first new NIDCAP professionals in the UK qualifying with Beverley as their trainer.

Congratulations!

Contact beverley@finetraininguk.com for more information about NIDCAP in the UK.



Infant and family centred care videos on YouTube @ nidcapsweden

This channel presents recordings from the annual international scientific one-day meetings on Ultra-Early Intervention and will shortly include talks from the 36th NIDCAP Trainers' Meeting in Copenhagen 2025. You will also find videos about early skin to skin and other developmental interventions.

Developmental Observer

The Official Publication of the NIDCAP Federation International

Find more about NIDCAP and the impact it has on infant and family centred developmental care worldwide in the Developmental Observer. Published 3 times a year it is packed with interesting news and articles. In the latest edition look for the poem by Julia Geisen.



PARTICIPANTS NEEDED

The GFCNI is inviting parents and primary caregivers to take part in a study called "BronQ Family" which is assessing the long term impact of BPD on family health related quality of life.

<https://www.gfcni.org/research/bronqfamily#>



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Online course dates

October	Monday 6th and	Monday 13th
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February	Thursday 5th	Monday 23rd
March	Wednesday 11th	Tuesday 31st

Contact: info@finetraininguk.com for more information on special offers

FINE Face-to-face courses are coming back!

The UCLH NIDCAP Centre will be running a two-day live FINE 1 course at
University College London Hospital on February 11th-12th 2026

Contact beverley@finetraininguk.com for details

FINE 2: Practical Skills

Practical Skills for Infant and Family Centred Developmental Care

Winter start date December 10th 2025

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