

January 2026

Changing Systems to Transform Neonatal Outcomes

Seminars in Perinatology. Special Edition, 49 (7), Nov. 8 open access papers. Eds. Kristen L. Benninger, Mary Lauren Neel

www.sciencedirect.com/journal/seminars-in-perinatology/vol/49/issue/7

Nist MD, Cistone N, Pickler RH. **Improving outcomes for preterm infants: Mitigating stress exposure.** *Semin Perinatol.* 2025;49(7):152153.

doi:<https://doi.org/10.1016/j.semperi.2025.152153>.

The mismatch between preterm infants' experiences and neurologic expectations may cause abnormal brain development and programming of the stress response systems. This paper provides an overview of the effects of routine nursing care and parental separation, two persistent NICU stressors, and offers recommendations for interventions that can mitigate the negative effects of these exposures.

How parents prevent infection

Ommert I, Mägi CA, et al. **The role of parents to prevent infections in the neonatal intensive care unit.** *Semin Fetal Neonatal Med.* 2025 Dec;30(4):101669. doi: [0.1016/j.siny.2025.101669](https://doi.org/10.1016/j.siny.2025.101669).

This paper explains the important role parents play in infection prevention in the neonatal intensive care unit through participation in infant and family centred developmental care activities. Skin-to-skin contact, breastfeeding and continuous parental participation in care, are effective infection prevention strategies that improve the safety and quality of care.

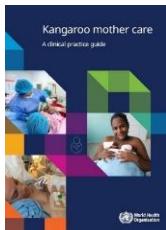
Incubators and noise

Restin T, Gaspar M, et al. **Newborn incubators do not protect from high noise levels in the neonatal intensive care unit and are relevant noise sources by themselves.** *Children (Basel).* 2021 Aug 16;8(8):704. doi: [10.3390/children8080704](https://doi.org/10.3390/children8080704). Meaningful sounds are important for newborn development, but excess noise may delay development. This study indicates that while modern incubators provide some protection from NICU noise, they also generate noise that passes on to the infant inside. Furthermore, the spectrum of sound entering the incubator distorts perception of the human voice.

1,001 Days. How Our First Years Shape Our Lifelong Health

by Sue Gerhardt, 2025, Penguin Random House UK.

In her earlier book "Why love Matters; How Affection Shapes a Baby's Brain" Gerhardt focused on early experience, brain development and mental health. "1001 Days" switches the focus to physical health, drawing on research in medicine, neuroscience and psychobiology to show the impact of early experience, including pre- and post-natal development, on lifelong health and wellbeing.



New WHO Clinical Practice Guide for Kangaroo Mother Care

Kangaroo Care saves lives, reduces complications, strengthens bonding, and improves lifelong outcomes. The new clinical practice guide from the WHO outlines evidence-based, step-by-step guidance for safely delivering continuous Skin-to-Skin contact from birth—even for babies requiring intensive medical support. [Click to download the WHO Guide: Kangaroo Mother Care: A Clinical Practice Guide \(2025\)](#)



FINE 1: Foundation Toolkit LIVE!

February 11th and 12th
University College London Hospital



FINE face-to-face for the first time since Covid. There are still a few places available on this unique 2-day event. For information and booking go to
<https://www.uclhcharitycourses.com/courses/fine-1-training-course>

PSYCHOLOGY MATTERS

Relational Practice

Relational practice builds trusting, empathetic relationships to foster connection, safety, and collaboration. The UK charity **Bliss** has collaborated with **The Relational Practice** consultancy to apply this approach in a neonatal care setting. You will find a series of short videos explaining the psychological impact of neonatal care and how relational practice can help on the Bliss website.
<https://www.bliss.org.uk/health-professionals/supporting-health-professionals/video-resources#>

Why maternity and neonatal services need psychology to drive reform

In response to Baroness Amos' interim report on the National Maternity and Neonatal Investigation, December 2025, the British Psychological Society have produced a short, but compelling, paper to highlight psychological, cultural, and systemic problems that are not new, are neither technical nor clinical, and need to be understood from a psychological perspective to be managed effectively.
<https://www.bps.org.uk/blog/psychology-matters-why-maternity-and-neonatal-services-need-psychology-drive-reform>



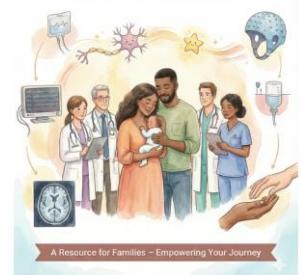
2025 GFCNI jENS Congress Award Congratulations Livia!

Livia Bonnard Nagy, in recognition of her outstanding advocacy for families and efforts to raise standards of care for preterm and sick newborns in Hungary. Livia's coordination of **FINE (Family and Infant Neurodevelopmental Education) training in Hungary**, has helped strengthen family-centred care practices and inspired professionals and parents alike.

Parental Guide to Newborn Brain Health

From Khorshid Mohammed, University of Calgary, comes this charming pictorial guide to neonatal brain development. It begins with several pages showing how parents help their baby's brain development followed by a series of pages describing causes, assessment and treatment of various neurological problems. Everything presented as simple, appealing, cartoons. Free download at:
https://drive.google.com/file/d/1IVn0alikOA1dGJTjyHRQV_pySrfxGB0L/view

PARENTAL GUIDE:
**GUIDE TO NEWBORN
BRAIN HEALTH:**
*Understanding Care &
Development in the NICU*



2026 SPRING SPECIAL OFFER

FINE 1: Foundation Toolkit

20% reduction

when you book 5 or more places on any course in 2026.

Dates for your Diary

Foundation Toolkit for Infant and Family Centred Developmental Care
FINE 1 Online Courses.

Thursday February 5th

Monday February 23rd

Wednesday March 11th

Tuesday March 31st

Tuesday April 21st

Monday April 27th

Tuesday May 5th

Wednesday May 20th

These dates are for the popular interactive, practical sessions live online. There are 10 pre-recorded topics to complete (3 -5 hours) before your chosen date.

Course fee £350.00 plus VAT with concessions for group bookings of 5 or more.

Dates for June to October will be released shortly

contact www.finetraininguk.com

Practical Skills for Infant and Family Centred Developmental Care. FINE 2

This specialised course involves 10 modules to be completed over 4- 6 months. There is a selection process and each student is allocated a personal mentor to guide them throughout the course. Go to <https://www.finetraininguk.com/fine-2-course/> to apply.

Start dates take place quarterly with an introductory seminar online. The next date is

Thursday 5th March 2026

Course fee: £2000.00 + VAT

