

March 2026

RECOMMENDED READING

Human milk as therapy: neurodevelopment and neonatal brain injury.

Strobel KM, et al. *Seminars in Perinatology*. 2025, 49:115240. This review summarises the components of human milk that are thought to be responsible for brain health and how they may affect brain structure and development in preterm and term neonates.

<https://doi.org/10.1016/j.semperi.2025.152140>

The role of sleep in neonatal neurocritical care and the influence on long-term outcome.

Paciello LM, et al. *Seminars in Perinatology*. 2025, 49:152157. This review analyses the physiological mechanisms of sleep and how they are affected by the intensive care environment and neurological pathology. Current evidence regarding the contribution of sleep to neurological recovery and its impact on long-term neurodevelopmental outcomes is evaluated. Strategies to monitor and optimise sleep are discussed.

<https://doi.org/10.1016/j.semperi.2025.152127>

Parent-infant closeness and care practices during therapeutic hypothermia (TH) in Swedish neonatal intensive care units.

Bäcke P, Axelin A, Ågren J, et al. *Sex Reprod Healthc*. 2024;41:101010. This study describes strategies, such as having well established standardised routines, that help staff to promote parent-infant closeness and presence during TH. Good NICU environmental conditions and flexible ways of working regarding the family's needs make a difference.

<https://doi.org/10.1016/j.srhc.2024.101010>

Skin-to-skin benefits for parents' mental health.

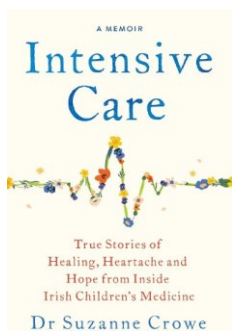
Lilliesköld S, et al. Skin-to-skin contact at birth for very preterm infants and symptoms of depression and anxiety in parents during the first year - A secondary outcome of a randomized clinical trial. *J Affect Disord*. 2025, 15:383:323-332.

<https://doi.org/10.1016/j.jad.2025.04.160>

The power of story telling.

Kinney MV, et al. Born Too Soon: Every Story Counts: Lessons in Ethical, Inclusive Storytelling from Born Too Soon. *Reprod Health*. 2025, 22 (Suppl 2), 107. This commentary explores the power and methodology of ethical storytelling, and the contribution personal narratives of preterm birth experiences make to communicating and enhancing public understanding of issues around the care of neonates.

<https://link.springer.com/article/10.1186/s12978-025-02068-0>



INTENSIVE CARE. Dr. Suzanne Crowe, 2025

Suzanne Crowe's life seemed to be on track until a shattering experience turned her world upside down – the extremely premature birth and death of her little daughter Beatrice. The overwhelming experience of grief impelled her to dedicate her life as a doctor to paediatric intensive care. In this remarkable memoir she shares stories of heartache, hope and healing. It is hard to imagine a setting more complex and challenging than paediatric intensive care, but this book eloquently reminds us of the power of good communication, of listening for each person's story. This is what makes a difference to how parents, children and professionals cope with trauma in extraordinary circumstances.

Don't forget to check out all the articles in the latest Developmental Observer.

<https://nidcap.org/developmental-observer/>

WOMB LIFE

WONDERS AND CHALLENGES OF PREGNANCY,
THE FOETUS' JOURNEY AND BIRTH



WOMB LIFE

Wonders and challenges of pregnancy, the foetus' journey and birth .
Graham Music, 2024

Understanding how life before birth shapes a baby's development and lifelong wellbeing puts the experience of babies born too early into perspective. This little book, written by a renowned child psychotherapist, is easy to read and the wide- ranging topics are backed up by scientific research. It is a treasure trove of fascinating information that everyone caring for preterm babies will find illuminating. This is where our search for ideas about making neonatal care as developmentally appropriate as possible begins.

The **Newborn Brain Society** aims to advance newborn brain care through international multidisciplinary collaboration, education, and innovation among clinicians, scientists, and parents. The programme includes educational webinars and a series of **commentaries by Joseph Wolpe**, the pre-eminent founding father of neonatal neurology, not to be missed. <https://newbornbrainsociety.org/>



“Growing Together – A Shared Journey from the NICU to Now” is an illustrated story created by researchers, parents of preterm children, and artists. It aims to help families and caregivers understand how preterm birth may impact their lives, facilitating discussions with caregivers about topics such as preterm birth, cerebral palsy, and ADHD. Inspired by parents and medical professionals with lived experience of preterm birth, discover the journey of premies Sophia and Adam from the moment their parents first bonded in the NICU. Bacchini, F. et al. 2025. Growing Together - A Shared Journey from the NICU to Now. <https://zenodo.org/records/17349114>

Kangaroo Care Day: May 15th 2026

This year marks the 15th anniversary of Kangaroo Care Day (May 15). The 2026 theme is “Stillness is Strength”— a reminder that supported stillness and human presence are powerful foundations for regulation, healing, and development for babies, families, and care teams. Learn more about why this theme matters here: <https://kangaroo.care/pages/2026theme>



Recognition in Romania.



On November 17th, World Prematurity Day, a round table discussion on “Partnership for the Development of an Action Plan to Guarantee the Rights to Life, Health, and Development for Newborns at Risk” took place at the Cotroceni Presidential Palace, organised by the Romanian Association for Long Hospitalised Newborns – ARNIS, and the Romanian Neonatology Association, in partnership with the Presidential Administration and the Ministry of Health. Congratulations on this significant step forward in recognising the needs of infants and families in neonatal care.

SPRING SPECIAL OFFER continues until April 30th 2026

FINE 1: Foundation Toolkit

20% reduction

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

Dates for your Diary

FINE 1:

Foundation Toolkit for Infant and Family Centred Developmental Care

Tuesday April 21st

Monday April 27th

Tuesday May 5th

Wednesday May 20th

Thursday June 11th

Monday June 22nd

Wednesday July 8th

Wednesday September 16th

Wednesday October 7th

Thursday October 22nd

Monday November 9th

Wednesday November 18th

Wednesday December 9th

These dates are for interactive, practical sessions live online. You will complete 10 short webinars on essential foundation topics (3 -5 hours) before your chosen date.

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

**FINE 1: Foundation Toolkit
LIVE 2 day course**

19th – 20th October 2026

University College London Hospital

Contact: uclh.educationevents@nhs.net

FINE 2:

Practical Skills for Infant and Family Centred Developmental Care.

There is a selection process for this course. The programme involves 10 modules on different topics to be completed over 6 months. Each student is allocated a personal mentor to guide them throughout the course.

Go to <https://www.finetraininguk.com/fine-2-course/> for more information and to apply.

Start dates take place quarterly with an introductory seminar online. Next start dates

June 17th, September 23rd, and January 14th 2027

Course fee: £2000.00 + VAT