



## Module 4: A Potpourri of Interventions for After the NICU



### Early Intervention Professional Learning Facilitator's Guide

#### MARYLAND STATE DEPARTMENT OF EDUCATION/DIVISION OF SPECIAL EDUCATION/ EARLY INTERVENTION SERVICES

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#### OBJECTIVES

Upon completion of this training module, early intervention staff will be able to:

- ◆ Help parents foster the development of their premature infant following discharge from the NICU, which includes:
  - 1) Teaching parents how to read and respond to their baby's approach, coping, and avoidance signals;
  - 2) Educating parents about the importance of back to sleep and tummy time;
  - 3) Showing parents how to massage their baby to facilitate relaxation; and
  - 4) Providing anticipatory guidance to foster development of upcoming skills.

#### TOPICS COVERED IN THIS MODULE

- ◆ Physiological and behavioral signals used by young infants born prematurely (namely approach, coping, and avoidance signals)
- ◆ Basic massage techniques to foster positive touch and relaxation
- ◆ Strategies for facilitating appropriate positioning (prone, supine, sidelying, sitting)

#### TIME

It will take approximately 60 minutes to deliver this training module.

January 2014  
Module 4 of 5



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## Materials/Resources Needed:

- ◆ Chart paper (optional)
- ◆ *Module 4: A Potpourri of Interventions for After the NICU* recorded presentation
- ◆ One sheet of scratch paper for each participant
- ◆ Baby doll for each participant (optional)

**NOTE:** To access this module's presentation and handout, visit the online companion website.

## PROCEDURE

- 1) Share the session title and objectives with participants (displayed on chart paper or directly from online companion website).
- 2) To activate participant's prior knowledge, present the following Think About: *What does it mean when an infant has an (1) ooh face, (2) fists, or (3) splays fingers? [Answer: (1) happy and ready, (2) helping himself, (3) not happy and needs a change.]*
- 3) Play the *Module 4: A Potpourri of Interventions for After the NICU* presentation via the online companion website.
  - While viewing the portion of the presentation on infant massage, it may be helpful for participants to follow along with their own baby dolls.
- 4) At the end of the presentation, ask each person to write down three specific strategies they can use when working with families who have a baby recently discharged from the NICU.
  - Divide the group into teams of three to four people. Have each person share his or her strategies with the team.
  - Ask teams to pick their favorite strategy.
  - Have teams brainstorm a way to share their strategy using five words or less.
  - Request that a representative from each group share their favorite strategy in six words or less (see Facilitator's Key below for additional ideas).
- 5) To bring closure to the training session, present the following Take Away: *Remember SPAM—Signals, Positioning, Anticipatory guidance and Massage.*

## Facilitator's Key for Strategies Brainstorming Activity

Examples of potential answers include teaching parents about:

- **approach, coping, avoidance signals**
- **tummy to play, back to sleep**
- **massage in to out to relax**
- **anticipatory guidance—what, when and how**