INTRODUCTION

Premature birth increases the risk of suffering from several difficulties throughout life and with a wide range of severity (Maggiolo & Varela, 2014).

These infants usually show physical, cognitive and socio-emotional sequelae, which negatively affect their capacity to self-regulate when distressed, pay attention and maintain it, engage in an interaction and develop language and sensory-motor skills in an appropriate way.

Parents usually experience anxiety, frustration and sadness due to the traumatic experience of an unexpected birth and the high risk situation in which their infant lives during the first days of life. The unpredictability of the infant’s future development also adds worries to the family.

Therefore, prematurity and its outcomes can negatively impact parent-child relationship, threatening the establishment of a secure attachment between them.

In Chile, follow up programs available do not target relevant socio-emotional aspects, such as parent-child relationship (Maggiolo & Varela, 2014).

Most of the interventions targeting Maternal Sensitivity have been developed in English-Speaking communities.

GOAL

To increase parental sensitivity in Chilean families of premature infants, through the implementation of a new short and behaviorally-based intervention.

THE INTERVENTION

Six sessions of 30 minutes each, once every two weeks

Starting at one month of corrected age

Sensitivity-based approach

Presentation about a specific topic, supported by a PowerPoint presentation.

Video-based discussion (five minute video of a parent-child interaction).

Additional support material

PARTICIPANTS

Two groups of infants and their two main caregivers:

Medium risk: infants born at 32-36 weeks of gestation and/or more than 1500 grams of weight.

High risk: infants born before 32 weeks of gestation and/or less than 1500 grams of weight.

1st meeting

• Getting to know each other.
• Prematurity: implications and parental challenges
• Good Enough Parenting and Parental Sensitivity: consequences for child’s development

2nd meeting

• Video: identifying sensitive behaviors.
• Intrusiveness: concept and consequences for child’s development
• Main causes of intrusive behaviors
• Video: identifying intrusive behaviors.

3rd meeting

• Feeding challenges of premature infants and parents
• Feeding time and its impact in child’s development
• Decreasing intrusiveness while feeding

4th meeting

• Using daily activities as an opportunity to interact
• Enhancing sensitivity while diapering and bathing.

5th meeting

• Parent-infant interaction
• Play and its impact in Child’s development
• Showing sensitivity and decreasing intrusiveness while playing with the infant

6th meeting

• Open circle: sharing opinions and feelings towards the program and their process.
• Summary of the main concepts reviewed.
• Closure activity

DISCUSSION

Efficacy of the program could be compromised by the fact that this is a manualized and short-term intervention.

Strengths: highly focused, targeting Parental Sensitivity only, through different daily activities. Adapted to the needs of the community where it will be implemented.

Contact: paulayevilaf@gmail.com