Nurturing the Newborn

evidence base for developmentally supportive care

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Think like a baby...
Ecological model: developmentally supportive care

Support for physiologic functions, including neurodevelopment
Ecological model: developmentally supportive care

Als H. Toward a synactive theory of development. Infant Mental Health J 1982; 2:229
Ecological model: developmentally supportive care

- Protecting skin
- Optimizing nutrition
- Safeguarding sleep
- Minimizing stress and pain
- Positioning and interacting
Ecological model: developmentally supportive care

- Protecting skin
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Optimizing nutrition

- Providing human milk
- Cue-based infant-guided feeding
- Parental involvement in feedings
- Promoting skin-to-skin contact to improve breastfeeding initiation and duration

Safeguarding sleep

- Clustering care and assessment to coincide with sleep/wake cycles
- Minimizing noise and light
- Promoting skin-to-skin contact

Minimizing stress and pain

- Minimizing noise and light
- Recognizing signs of stress and pausing intervention when possible
- Using positioning and boundaries to provide containment
- Promoting self-regulation and skin-to-skin contact

Bergman N. The neuroscience of birth – and the case for zero separation. Curationis 2014; 37:1


Benoit B, Campbell-Yeo M, Johnston C et al. Staff nurse utilization of kangaroo care...for procedural pain Ad Neonatal Care 2016; 16:229
Positioning and interacting

• Maintaining head in midline and limbs and trunk flexed, tucked
• Handling with slow, gentle movements
• Providing support during transfers
• Promoting skin-to-skin contact


Protecting skin

- Maintaining humidity during skin maturation
- Monitoring susceptible skin/muscosal areas for breakdown
- Promoting skin-to-skin contact

Hoath S. The skin as a neurodevelopmental interface. NeoReviews 2001; 2:e292
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- Positioning and interacting

PARENTS/FAMILY

CARE PROVIDERS