



Dear friends and supporters of EFCNI,

In this edition, we are delighted to share insights from the exhibition on the history of neonatal care in Denmark, hosted at the Danish Museum of Nursing History in Kolding. This captivating exhibit not only traces the evolution of care routines and practices but also celebrates the invaluable contributions of nurses as architects of change. We are deeply honoured to find our foundation featured in this exhibition, a testament to our shared commitment to advancing neonatal healthcare.

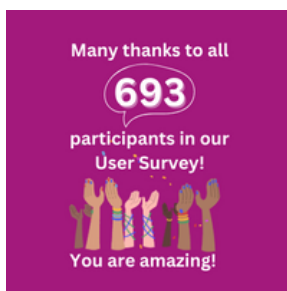
We are also proud to showcase the fantastic work of our partner parent organisations, be it a pioneering skin-to-skin programme for disadvantaged families in Spain or a project in Ukraine to educate families with preterm infants about their rights to specific medical care. These collaborations between parent organisations, medical staff, and hospitals improve care for families in meaningful ways.

Thank you for your continued support as we strive to make a difference in the lives of preterm and hospitalised infants.

Warm regards,

Silke Mader and the EFCNI team

EFCNI



#### EFCNI USER SURVEY

### 693 responses – thank you for your support!

We are overwhelmed! 693 people responded to our user survey. We know that this impressive number was only possible because of our amazing network. Therefore, we would like to take this opportunity to thank everyone who took the time to complete and share our survey. You are the best! If you are interested in the results, please feel free to have a look at our interactive dashboard.

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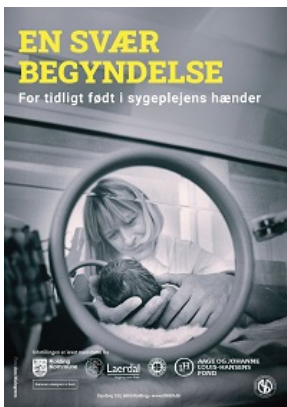
## EDUCATING THE EDUCATORS

### Recognising the long-term impact of preterm birth: Preterm born children in daycare facilities

This March, EFCNI Chairwoman Silke Mader conducted special trainings for pre-school and daycare teachers at the “Impuls Training Centre” in Augsburg, Germany – an activity she has been offering continuously for the last 10 years. Mader, a mother of preterm born twins and a former pre-school teacher herself, understands the concerns of these educators who encounter children in their care who show developmental delays, difficulties with motor skills, language learning issues, and other challenges. Often, the relationship with the parents of this child is tense as well, in part because families are hesitant to share their story. The aim of the workshop is to encourage daycare staff to engage with these families while also providing strategies and techniques on how to support the child’s development so that he or she thrives in this new setting.

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## Network



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## JOURNEY THROUGH TIME

### Exhibition showcases history of neonatal care from the 20th century to the present day

The exhibition “A difficult beginning – born too early in careful hands” (in Danish: “En svær begyndelse – for tidlig født i sygeplejens hænder”), housed at the Danish Museum of Nursing History in Kolding, Denmark, provides an impressive insight into the history of care giving for preterm infants in Denmark from the 20th century until today. A mix of facts, personal experience reports from parents, nurses, and doctors, as well as historical and contemporary artefacts reveals how technology, but also methods and attitudes, have changed and evolved rapidly. A very vivid introduction to the fascinating field of neonatal nursing care from a historical perspective!

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## PATIENT RIGHTS

### Guaranteed by the state: Empowering families to know and exercise their rights

Since December 2023, our Ukrainian partner parent organisation “Early Birds” has been working on a project which

aims to educate parents of preterm children about their rights in terms of medical care. The state guarantees certain maternity and childcare medical services free of charge, yet parents report feeling overwhelmed with the situation and not receiving adequate information. Often, families end up paying for services and treatments for their children which should be free of charge. “Early Birds” also supports parents in disputing insurance claims and bills and establishing clear and respectful communication between families and their healthcare providers.

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#### SKIN-TO-SKIN CARE

### “ConTact” programme empowers families in need

One of our partner parent organisations in Spain, “APREM”, has been conducting a highly successful programme to facilitate skin-to-skin care for families who struggle to practice the method. Called “ConTact” (or “ConTacto” in Spanish), the programme brings together trained volunteers and families struggling to practice skin-to-skin care with their newborn, whether born preterm, with medical challenges, or at term. Reasons for grappling with the practice can be manyfold, including having to travel long distances between hospital and home as well as a high financial burden on family finances due to travel costs. The programme is embedded in hospitals throughout the country. It aims to reduce the morbidity of children born preterm in families with socio-economic vulnerabilities and to improve the quality of life of the entire family.

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## Science



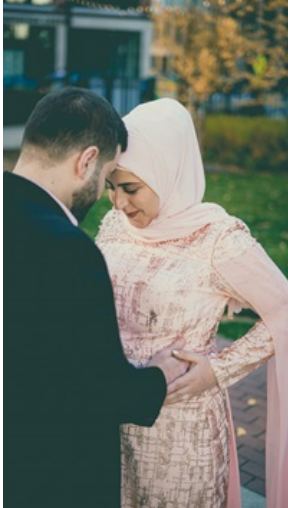
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#### ENDOBSITY WORKSHOP

### Focus group on childhood obesity and prevention strategies

EndObesity is an international research project with collaborators from five different countries aiming to identify family-based barriers and facilitators during preconception, pregnancy, and early childhood associated with childhood obesity. Recently, parents from 10 European countries took part in a focus group workshop hosted by EFCNI, discussing childhood obesity in their respective countries. The lively exchange showed cultural and generational differences on weight perception and healthy nutrition as well as the need for more interactive and positive information campaigns as early as at preconception. The influence of preterm birth and obesogenic environments were also discussed.

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## RAMADAN

### Analysing the effects of Ramadan fasting on various neonatal health indicators

For Muslims, fasting during Ramadan means abstaining from food and water from sunrise to sunset. From a medical point of view, this form of intermittent fasting carries a certain risk of dehydration, raising the question of whether pregnant women can safely participate in this type of fasting. In a literature review, fourteen studies from seven different countries were examined to determine whether Ramadan fasting in pregnant women has an impact on foetal health.

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## OUTLOOK ON LIFE

### The connection between preterm birth and optimistic or pessimistic characters

Preterm birth is often associated with poorer mental and physical health, while optimism is associated with higher health-related quality of life. Studies from Finland and the UK set out to investigate whether there is a connection between preterm birth and an optimistic or pessimistic outlook on life. The studies reveal that preterm birth has no effect on a person's optimism, and even the degree of preterm birth does not significantly change the individual's level of pessimism. Instead, parental education, birth weight, and smoking during pregnancy are factors that were shown to have an impact on the levels of optimistic and pessimistic outlook on life.

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## European Standards of Care for Newborn Health



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## BIRTH AND TRANSFER

### Advancing neonatal and maternal care through European-wide reference standards

Our latest videos feature the Chair and Vice Chair of the Topic Expert Group on "Birth and Transfer", Dr. Dietmar Schlembach and Professor Umberto Simeoni, as they address the pressing need for implementing European-wide reference standards in this field. They emphasise the urgency of providing equal care across Europe and the necessity of empowering healthcare

teams for effective collaboration. Both Dr. Schlembach and Professor Simeoni underscore the importance of equipping care teams with the tools and strategies needed to ensure successful outcomes for both mother and infant.

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## MATERNAL RESILIENCE

### Exploring the connection between maternal resilience and long-term health outcomes for preterm infants

The research conducted by Lena Wohlers et al. underscores the significant relationship between maternal resilience and the long-term health and development of very preterm (VPT) children in various European countries. By focusing on targeted interventions to strengthen maternal coping abilities, the study highlights the potential to enhance outcomes for both, mothers and their VPT infants. Recognising the vital role of maternal emotional well-being throughout the perinatal and postnatal phases, the findings advocate for ongoing support, tailored to meet the needs of mothers and their families.

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