

# SURVIVE and THRIVE

Transforming care for every  
small and sick newborn

## WHY THIS REPORT?

- **Urgency:** a decade to meet SDG targets, and those for every newborn to survive, and thrive are off track, maybe more so after COVID-19 pandemic. Some countries may not meet SDG3.2 target until a century too late
- **UHC:** Small & sick newborns are our most vulnerable citizens and their care is a key part of UHC. Every country can do more
- **Opportunity:** 94 authors from every continent (except Antarctica!) have been involved, showing wide commitment to this issue.

**Chapter 1:** Now is the time to transform care for newborns

**Chapter 2:** What the numbers say

**Chapter 3:** Deliver the care they are entitled to

**Chapter 4:** Ensure they thrive

**NOW!**

**Chapter 5:** Use data for action

**Chapter 6:** Immediate action is needed





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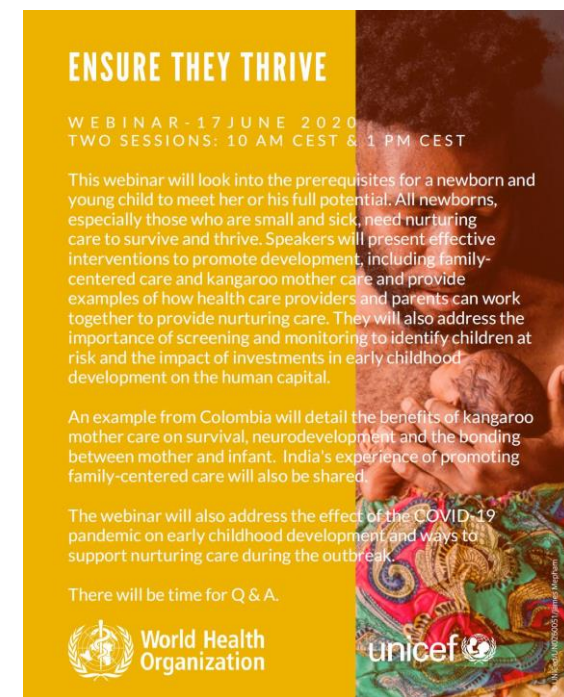
**SURVIVE and THRIVE: Transforming care for every small and sick newborn**

**#EveryNewborn #EveryChildAlive**

# AGENDA – Session 1

**Facilitator: Dr. Ornella Lincetto, Senior Medical Officer, WHO**

- Introduction to the webinar series and the speakers – Dr. Ornella Lincetto, World Health Organization
- Key findings of ‘Ensure they thrive’, Chapter 4 of the *Survive and Thrive* report - Dr. Janna Patterson, Senior Vice President, Global Child Health and Life Support at the American Academy of Pediatrics
- Empowering and engaging parents in caring for their sick newborn: example of a neonatal unit in New Delhi– Prof. Arti Maria, Head of Department of Neonatology at Dr. RML hospital in New Delhi
- COVID-19 impact on early childhood development and ways to support nurturing care during the outbreak– Dr. Ornella Lincetto, World Health Organization
- Questions and answers
- Closing and next webinar



# CHAPTER 4

## Ensure they thrive





## KEY MESSAGES

1. Every newborn and young child's ability to **thrive** is the direct result of nurturing care and positive interaction with their environment.
2. All newborns, especially those who have had major complications at birth and during the neonatal period, require regular follow-up and nurturing care to optimize development.
3. Investments in early childhood development benefit individuals, communities and countries.

## KEY MESSAGES

# 1. THRIVE:

*Newborns require nurturing care and positive interaction with their environment.*



## What does it mean to thrive?

- An individual who thrives is able to develop his or her full potential, from conception through early childhood
- Developmental potential is holistic and includes cognition, social and emotional interactions, linguistic and motor skills.
- The first 1000 days (from conception to 24 months) is critical in the context of preterm birth & neonatal illness.
- Thriving is the process of maturing through interactions between the child and the environment.





## Why is early childhood so significant?

- Once-in-a-lifetime opportunity to develop the brain, a period that is foundational to later health, functioning and well-being
- The infant's brain depends on **nurturing care** for healthy development
- Lack of nurturing care may lead to lowered cognitive, language, executive functioning, psychosocial outcomes
- Protective factors (e.g. early stimulation and responsive care, good nutrition and protection) can offset some risk factors
- Investments in care not only benefit individuals, but also communities and countries



## Importance of integrating developmentally supportive care for small and sick newborns



- Programmes are needed to deliver packages of interventions that provide nurturing care to promote developmental potential of the infant and young child in the first 1000 days
- Newborns at greatest risk of suffering from developmental delays, physical disabilities, & poor neurodevelopmental functioning:
  - Small for gestational age
  - Premature or low birthweight
  - Afflicted with neonatal infections, intrapartum-related complications, neonatal jaundice

## KEY MESSAGES

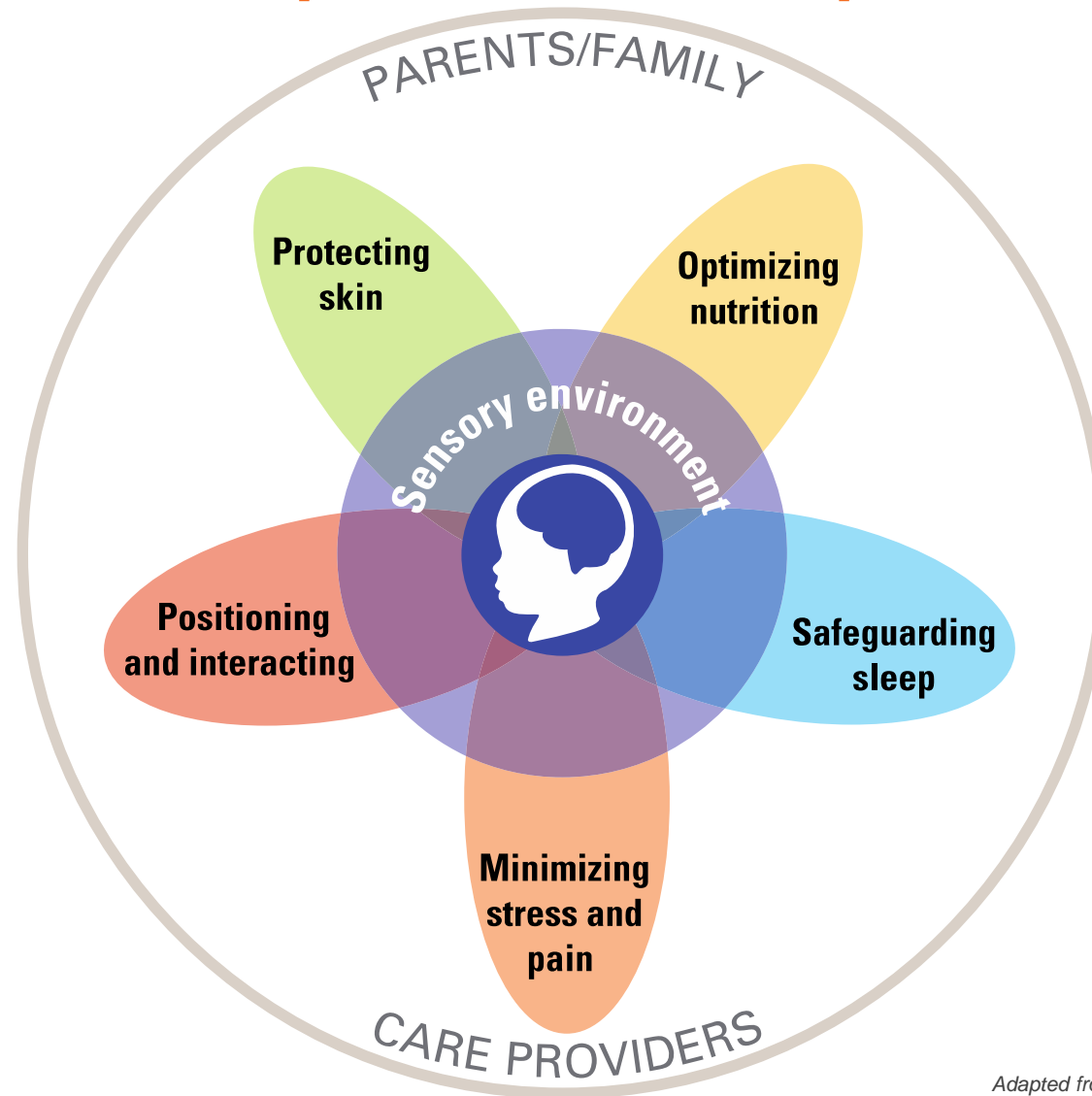
# 2. OPTIMIZE DEVELOPMENT:

*All newborns, especially those who are small and sick, need regular follow-up & nurturing care to survive and thrive.*





# Effective interventions to promote development



12  
Adapted from: Altimier L, Phillips R. Newborn & Infant NsgRev 2016; 16:230.

## How health care professionals can support development

Providers should:

- Recognize and be responsive to behavioural cues of nonverbal infants
- Structure environment and incorporate individualized care provided by parents
- Educate and empower parents to be effectively engaged in care-giving in hospital and at home

Recommended caregiving behavior:



## Effective interventions to promote development

### Parent & Family Engagement

- Contributes to newborn care during hospitalization
  - Feed with mother's own or donated breastmilk
  - Practice good hygiene for self & baby
  - Recognize & respond to baby's cues about hunger & discomfort
  - Ensure baby is fed, warm, clean, sleeping well, comforted
  - Provide appropriate sensory stimulation, especially touch and vocalization
- Fosters greater emotional connection with newborn and improve parenting abilities





## Kangaroo mother care: 20 years on

### Setting: Colombia

#### Study 1 (1993-1996)

- Randomized controlled trials of newborns weighing <1000 g at birth
- Documented Kangaroo Mother Care (KMC) benefits on survival, neurodevelopment, breastfeeding, quality of mother–infant bonding



#### Follow-up Study (2012-2014), n=264

- KMC had significant, long-lasting social & behavioural protective effects, magnified by longer duration of skin-to-skin contact and participation of fathers

Source: Charpak N et al. Pediatrics 2017; 139(1):pii:e20162063.

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## A Parent's Story

### A Mexican mother fights for her twins and goes on to support other parents internationally

*"It was 36 hours after birth until I could see my children again. I told the staff to please take a picture for me. That is how I met my twins... There was a lack of follow-up care... a lack of emotional support when my kids were young."*

– Ilein Bolaños Gonzalez,  
founder of *Con Amor Vencerás*



Pictured: Ilein with son Alonso and daughter Camila

## KEY MESSAGES

### 3. INVEST:

*Investments in early childhood development benefit individuals, communities and countries.*





## Discharge and beyond: empowering parents and caregivers



- Parents and caregivers frequently report feeling less than fully confident about caring for newborns after discharge
- Support caregiving at home and improve home environment, parental mental health & confidence with:
  - Robust discharge plan sensitive to parents' needs
  - Discharge education accommodating parental schedules & preferred learning styles
  - Individualized education programmes
  - Parent support forums

### At-home interventions

- Ensure baby is fed, warm, clean, sleeping well, and comforted
- Provide **early stimulation**, shown to have short-term benefits to cognitive, motor, social-emotional development for LBW infants in LMICs
- Encourage infant and young child to:
  - Explore the environment using sight, touch, sound and smell
  - Manipulate objects
  - Interact socially with caregivers



Sources: Engle PL et al. Lancet. 2011;378(9799):1339–53.  
Aboud FE, Yousafzai AK. Reproductive, Maternal, Newborn, and Child Health. 2016:241.

## At-home interventions



- Deliver sensitive and responsive caregiving/feeding
  - Benefits child development and academic outcomes, decreases hospitalizations
- Demonstrated results
  - Reduces parental stress levels, supports more positive maternal behaviour, improves maternal–infant interactions
  - LMICs: consistent benefits for disadvantaged children, particularly those at risk of malnutrition

Sources: Eshel N et al. Bull World Health Organ. 2006;84(12):991–8.  
Brett Jet al. BMJ Open. 2011;1(1):e000023.  
Charpak N et al. Pediatrics. 2017;139(1): pii: e20162063.  
Aboud FE, Yousafzai AK. Annu Rev Psychol. 2015;66(1):433–57.  
Britto PR et al. Lancet. 2017;389(10064):91–102.



## Screening and Monitoring

- Newborn screening programmes hold promise for prevention and access to needed early interventions
- Screening and monitoring for early childhood development is important across developmental stages, even into school age in some cases
- Assessment approaches are increasingly available for individual children, to evaluate programs and to monitor populations
- Connecting early identification of delays or disability to quality early intervention programmes will be important to assure the healthiest possible child and family outcomes



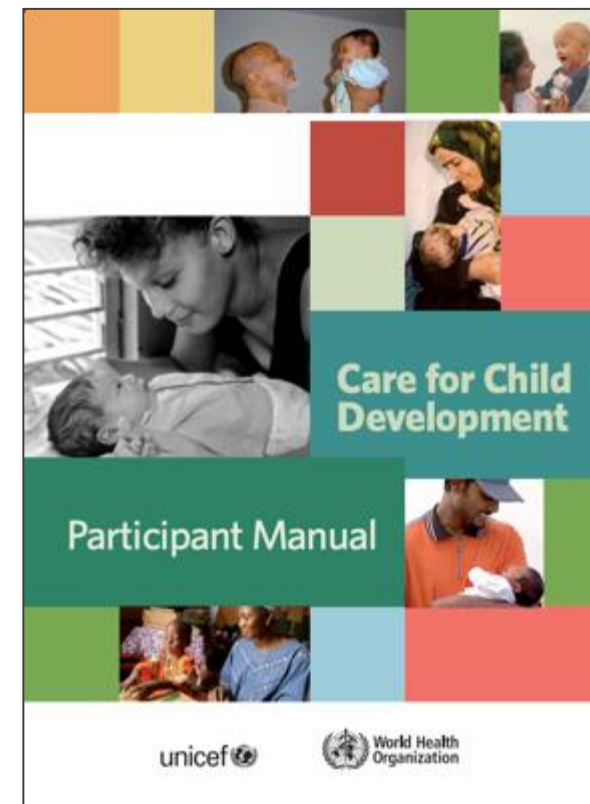
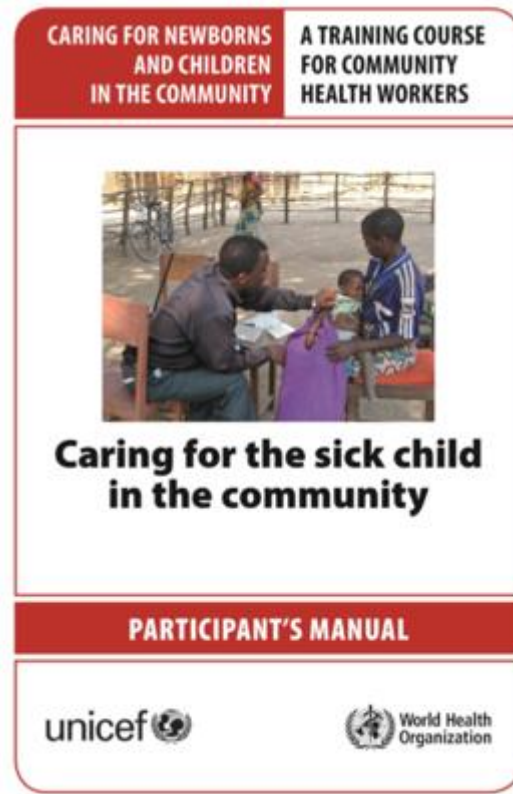
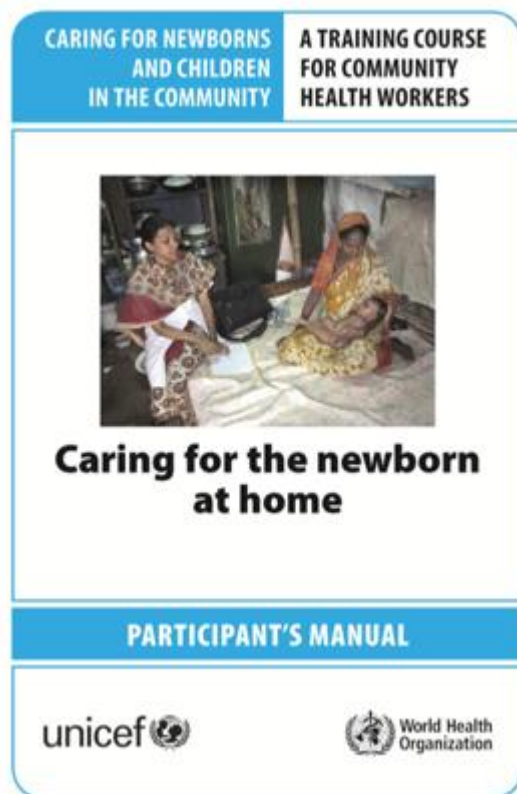
## Screening for Parental Distress

- Screening is important to identify parents at risk and emotional distress experiences in NICU
- Stress and distress are amplified in humanitarian crises
- Staff should be trained to screen for parental distress
- Families should be linked to resources for appropriate care and support



## Global guidelines for community practitioners

- WHO and UNICEF global care guidelines



- Other guidelines on nurturing care for small & sick newborns: forthcoming



## Conclusion

- Programmes are needed to integrate early childhood development with interventions in the first 1000 days
- Support the newborn and family through early detection of disability or developmental delay and routine follow-up
- Prioritize developmentally supportive care to improve outcomes for newborns: foster a **family-centred, nurturing, supportive sensory environment**

**With the right care, small and sick newborns *can* survive and thrive.**

## Join the Small and Sick Newborn Care Community of Practice

You can register at <https://ibpnetwork.org/topics/14356>  
and click on “request invitation”

SSNC CoP is hosted by WHO ibp network

## COVID-19 pandemic Effect on Early Childhood Development

- Economic and structural impacts:
  - Rises in poverty and food insecurity, loss of caregivers, and reduced access and use of health care
- Social and psychological impacts:
  - Stress and depression experienced by caregivers, undermining their ability to provide consistent nurturing care
- Impact is on entire life course of the child, but also future generations

Stenz, L., Schechter, D.S., Serpa, S.R., and Paoloni-Giacobino, A. **Intergenerational transmission of DNA methylation signatures associated with early life stress.** *Current genomics*. 2018; 19: 665–675  
Effects of the Global COVID-19 Pandemic on Early Childhood Development: Short- and Long-Term Risks and Mitigating Program and Policy Actions. [https://www.jpeds.com/article/S0022-3476\(20\)30606-5/fulltext](https://www.jpeds.com/article/S0022-3476(20)30606-5/fulltext)



## Ways to Support Nurturing Care during COVID-19: Responsive Care Giving, Health and Nutrition

- Promote family-centered care during delivery, hospitalization and after-home care.
- Provide pregnant women/new mothers counselling on health/breastfeeding/care during COVID-19
- Use health and nutrition platforms to deliver messages on coping, parenting and early stimulation
- Promote family handwashing and hygiene
- Emergency food delivery, including micronutrient and ready-to-use therapeutic food supplements for pregnant women and young children



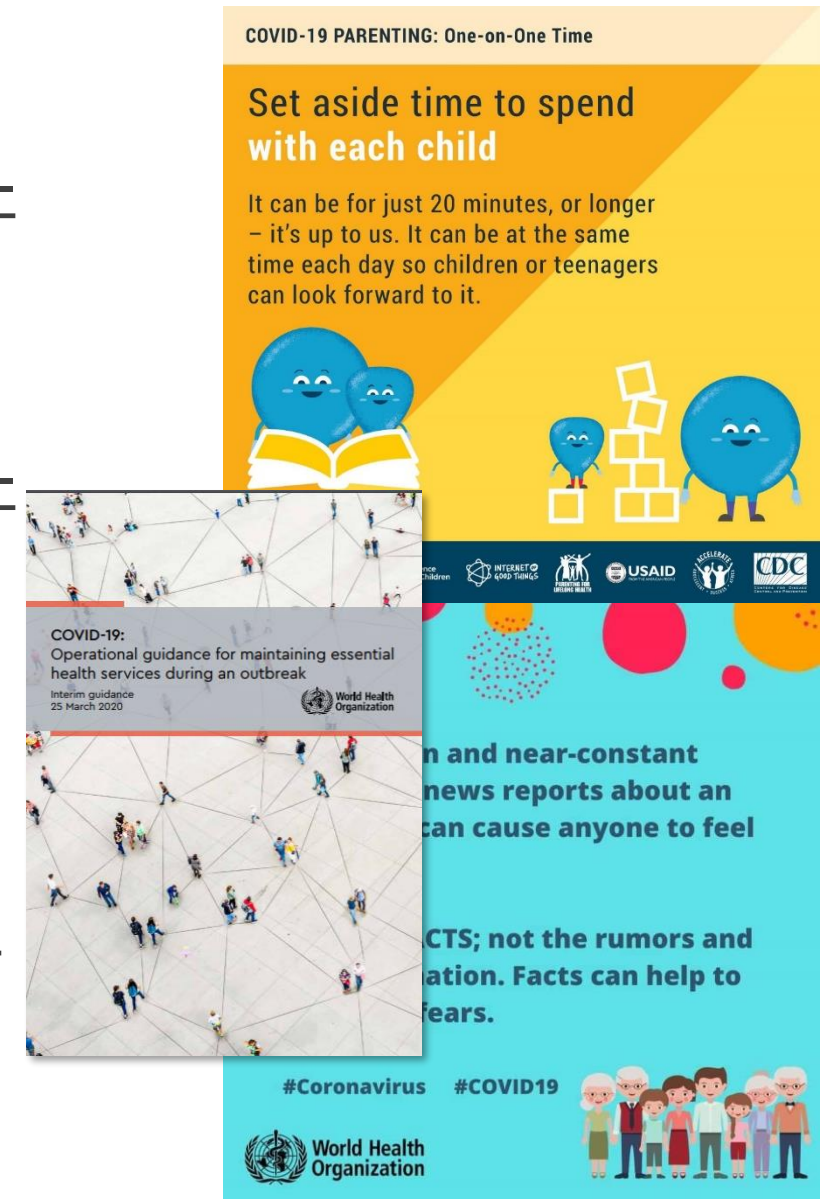
# Ways to Support Nurturing Care, Security and Safety during COVID-19 pandemic



- Ensure ECD is prioritized within the COVID-19 response to protect this generation of young children
- Reach parents with income and mental health support, encouragement and practical ideas
- Targeted childcare and psychosocial support for essential workers on the frontline of the crisis
- Support parents to take care of their own physical and mental well-being so they can better provide nurturing care for their children
- Set up support services for women and children experiencing domestic violence and abuse

# Resources on healthy parenting and mental health in the COVID-19 context

- <https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---healthy-parenting>
- <https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health>
- EHS guidance: <https://www.who.int/publications-detail/10665-332240>
- <https://www.unicef.org/parenting/coronavirus-covid-19-guide-parents>





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## Acknowledgments

### Authors for Chapter 4

Pia Britto, Nathalie Charpack, Bernadette Daelmans, Arti Maria, Janna Patterson, Susan Niermeyer

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### PowerPoint slides and graphics

Stefanie Kong, Kayley LeFaiver

Overall >94 authors and experts from all over the world have input and all are appreciated!

- **Check out the webinar series:** [bit.ly/NewbornSeries](https://bit.ly/NewbornSeries)
- **Register for the next webinar on 1<sup>st</sup> July: ‘Use data for action’:**  
8 am GMT session: [bit.ly/01JulyS1](https://bit.ly/01JulyS1)  
11 am GMT session: [bit.ly/01JulyS2](https://bit.ly/01JulyS2)
- **Join the conversation:** #EveryNewborn, #EveryChildAlive

**Join the Community of Practice for the care of the small and sick newborn:**

Register at <https://ibpnetwork.org/topics/14356>

Online kick-off event 24 June 2 pm GMT

