

CHARTER TO PROMOTE ZERO SEPARATION PRACTICES

A french parents initiative

HOSPITALIZED NEWBORN CHARTER

The hospitalization of a newborn is a real challenge in developing family ties and it arouses intense emotions. It requires the mobilization of everyone's resources to offer the baby the best chance to grow up well. Scientific studies demonstrate that the creation of an attachment bond between the newborn and their family from the very first moments of life, is crucial for their good development. Dialogue and consultation between parents and healthcare professionals are at the heart of optimal care for hospitalized newborns.

Aware of these challenges, we, parents of hospitalized newborns and birth professionals, are committed to making every effort to ensure that the hospitalized newborn benefits:

1 

Continuous presence of parents or any trustworthy person designated by them from the baby's birth, without any restrictions 24 hours a day.

2 

Best possible conditions for creating a parent-child bond (physical contact, rocking, voice communication, nutrition) that improves the health and the development of the child.

3 

Daily skin-to-skin contact with one of its parents or any trustworthy person designated by them as soon as possible, for a long period of time within 24 hours daily until leaving the hospital.

4 

Colostrum milk without any gestational age or weight restriction.

5 

Breastfeeding or bottle feeding as soon as the baby reveals their sucking ability, without any age restriction.

6 

Comfortable environment for the child's sensory development (vision, hearing, smell, taste, touch).

7 

Parents' participation in the care of their child under the guidance of health professionals.

8 

Parents' protective role in the management of discomfort and pain in close co-operation with the caregivers.

9 

Accessible and understandable information for the parents in order to understand their child's state of health and to take care of them.

10 

Individualized care worked out in dialogue with the parents and in accordance with the latest scientific evidence.

Charter signatories:  

Under the patronage of:  

With the support of:        

The Hospitalized Newborn Charter was launched on November 17, 2021 by SOS Préma, a non-profit organization for parents of premature babies, and the French Society of Neonatology, under the patronage of the Ministry of Health.

This Charter is based on the **Attachment Theory** and its implications for the world of care.

3 key concepts have been developed by a team of nursing researchers⁽¹⁾. They constitute the 3 pillars that support the attachment between a baby and their parents in care. These 3 pillars are **essential** and nurture the **dynamics of attachment processes**.

(1) Goulet C. & al. 1998. Journal of advanced nursing 28(S); 1071 – 1081

PROXIMITY	Baby – Parents	RECIPROCITY	Baby ↔ Parents	COMMITMENT	Parents → Baby
Contact: Sensory experiences between parents and the baby Emotions: Contact → feelings of trust and love → emotional climate conducive to attachment Individualization: Parents learn to recognize and respond appropriately to the baby's needs		Complementarity: Parents and the baby are actors in the interactional process Sensitive parenting: Parents are receptive to the baby's intention to relate to them		Centrality: Parents place the baby at the centre of their life and family Exploring parenting: Parents build a unique parenting identity	

Each of the 10 points of the Hospitalized Newborn Charter fits into at least one of the 3 Pillars of Attachment.

