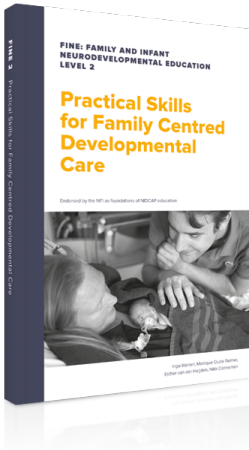


## PRACTICAL SKILLS FOR FAMILY CENTRED DEVELOPMENTAL CARE (FINE 2)



Practical Skills is the second step in the FINE pathway. It has a stronger practical element than FINE 1 with a series of assignments that are designed for the work setting. Support and guidance are provided by experienced mentors.

**Aims.** This course will

- Develop your skills through mentored practical experience
- Give you tools to evaluate practice.
- Explore the impact of developmentally supportive and family centred care on infants, families and colleagues.

### Who is this course for?

The course is for all neonatal health care professionals - nurses, doctors, therapists, and others, in any setting that treats preterm or newborn infants in need of hospital care.

Prior attendance at a Level 1 Foundation Toolkit is required. Applicants must show that they are able to understand and write fluently in English.

### What is provided?

- On-line tutorials.
- High quality course handbook (200 p).
- Easy to follow lesson plans.
- Guidance from a mentor with advanced training and experience.
- Ongoing formative assessment with feedback.
- Access to supplementary materials on the [www.finetraininguk.com](http://www.finetraininguk.com) website.
- Recommended reading and helpful tips.
- Invitation to annual FINE / NIDCAP Masterclasses.
- Certificate of accomplishment

### How much time is involved?

Time varies from student to student but on average it involves

- 12 hours of face to face contact and
- 60 hours of self-directed study.

Spread over 4-6 months

### Content

The course involves

- Systematic observations of infants,
- Guided interactions with colleagues and parents,
- Structured evaluations of caregiving,
- Reflective exercises.

10 topics are grouped in two parts.

#### Part 1: Infant observations

1. Autonomic
2. Motor,
3. State
4. Self-Regulation
5. Strengths and challenges

#### Part 2: Implementation

6. Stress, pain and comfort
7. Kangaroo care
8. Daily caregiving activities
9. Medical Procedures
10. Feeding

Graduates may apply for FINE 3: Innovations  
Find out more at [www.finetraininguk.com](http://www.finetraininguk.com).

