

Dear Members of the NFI,

Becoming is never giving up on the idea that there's more growing to be done.

Michelle Obama (from *Becoming*, 2018)

January 1st marks a new year and a new decade... and a time of reflection. NIDCAP is relevant, ethical and critical. As NFI members, we are enriched by a sound and comprehensive theoretical model. We are backed by strong scientific evidence. We are building on 40 years of caregiving and training experience. And most importantly, we have conviction in our work because we know that NIDCAP care (over traditional hospital experiences) offers infants and their families greater support and healthier hospital (and beyond) outcomes.

Now in my fourth year as the NFI's President, I've been thinking about my past contributions to advance NIDCAP, my connections to you, and my own vision moving forward. We are such an incredible, diverse and vibrant group of trainers and supporters from around the world. I am dedicated to finding ways to capture, support and build on our individual and collective strengths (which by the way... if you haven't sent in your *NIDCAP from Around the World* photograph contribution yet for our 2020 World NIDCAP Day Poster... please do!). I am also committed to further articulating and evolving our NIDCAP Nursery model. I am convinced that it is our best articulation and roadmap to realize our NFI vision for *a global society in which all hospitalized newborns and their families receive care in the evidence-based NIDCAP model.*



In this past year, Heidelise Als, PhD, our NFI founder and NIDCAP's visionary, stepped down from her NFI Board service. Heidi, while still a very active NFI member, created a movement that has revolutionized the care and support of hospitalized newborns and their families, and the nursery staff who care for them. She has the extraordinary ability to articulate complex neurodevelopmental concepts into ones that are understandable, quantifiable, and teachable. Heidi has developed an incredibly comprehensive theoretical,

scientific, educational body of work; though one of Heidi's greatest achievements is the development of this community of compassionate, wise, caring and dedicated people. You are this community, you bring her ideas to life; you create opportunities and programs that support babies to reach their potentials; you help parents feel confident and competent and nursery staff to feel effective in their work.

gretchen Lawhon, PhD, RN, FAAN and Jim Helm, PhD are two other influential, instrumental founding Board Members who also retired in the past two years. Much of the workings of our organization are conducted by board members and our very small staff. And over 18 years, there have been so very many exceptional NFI Board Members who have also served and rotated off the board. Change, often difficult, creates opportunities for new leadership, initiatives and direction. During this time of organizational transition, new sparks of creativity and contributions are happening both on the board and from within the membership. This is evidenced in an excitingly evolving *Developmental Observer* (under the direction of Kaye Spence), the development of the much appreciated NIDCAP and Science Subcommittee and its introduction of *R3: Research, Read & Review* (led by Dalia Silberstein and Ita Litmanovitz) and by our now annual [World NIDCAP Day and Month](#) (inspired by Nadine Griffiths and organized by Sandra Kosta, Mandy Daly and myself). And so much more!

The new goals we set and how we choose to move forward are up to us. We have challenges of how to secure human and financial resources to accomplish our next steps. We have opportunities to build on our model and to expand our training capacities and our educational and informational resources. How we rise up to meet these challenges, and how we accomplish our opportunities, will define our next NFI decade and the ones to come after that. What are your contributions to the NFI and to NIDCAP? How do you see us advancing the NFI's next steps? There's so much more for us to do. So on this start of the new year AND new decade... a toast to the NFI and NIDCAP's bright future, to all of you for being a part of it and the growing that we will do together to realize it.

NIDCAPPERS in the News

NIDCAP Program of Hospital São João's was awarded the *José Carlos Peixoto Prize* by the Portuguese Society of Neonatology

Jacques Sizun, MD was awarded the French Society of Neonatology's *2019 Virginia Apgar Award of the Year*

Upcoming NFI Events

<p>NIDCAP CARE PHOTOS DUE NOW</p> <p>For Our NFI WORLD NIDCAP DAY POSTER</p>	<p>DEADLINE EXTENSION JANUARY 13, 2020</p> <p>Plans for World NIDCAP Day in March 2020 are underway. We are planning to create a poster of NIDCAP care from around the world similar to the ones we have made for past World Prematurity Day celebrations. Please consider sharing NIDCAP care from your hospital and send your photos for inclusion in our NFI poster by MONDAY, JANUARY 13th. You must have permission for the photograph(s) you send to be shared on our website, social media, newsletter and related NFI educational sites and ONLY use our NIDCAP email address to shareyourstory@nidcap.org. Please use the attached photo release to obtain permission. We are so very appreciative for families to share their images and experiences and we must ensure their privacy.</p>
	<p>March 20, 2020</p> <p>The second annual WORLD NIDCAP DAY will be celebrated on March 20th and throughout the month. Please visit our website for information about the day, a toolkit and ways to celebrate. Ideas to get you started for planning your own celebrations.</p> <p>Please check the NFI's World NIDCAP Day webpage for updates over the coming months.</p>

Your feedback, questions, comments, NFI updates, and membership news written to me personally and/or to the whole board, are welcome.

Yours in support of the NFI,

Deborah

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