

September 2019

Dear Members of the NFI,

Next month marks our 30th Annual NIDCAP Trainers Meeting. 🎉🎉🎉 Pearls are used to symbolize 30-year anniversaries because of their beauty and how they form over time. Interestingly, there are lots of parallels between pearls and *NIDCAP and the NIDCAP Trainers Meeting*.



A pearl is “born” by a small object (such as a grain of sand) finding its way into the shell of an oyster. The oyster protects itself by producing overlapping layers of a nacre substance. *We have our own layering of community and influence... from one visionary to two NIDCAP Trainers to 43 current Trainers and many NIDCAP Professionals and supporters over the past 40 years... influencing understandings and care around the world.* Year by year, concentric circles, or layers, of the pearl are formed. The pearl becomes increasingly stronger, durable, larger and beautiful over time. *Our NIDCAP community meets year after year, in fact 29 times so far. And we grow ever stronger and richer for it.* A pearl may be considered fully formed after 15,768,000 minutes... *This translates to approximately 262,800 NIDCAP observations (wondering how many we must collectively do in a year!) AND 30 years of planning, hosting and participating in NIDCAP Trainers Meetings.* The pearl’s development is influenced by the kind of mollusc and type of water they form within. They are celebrated for their uniqueness, including their different colors (white, green, red, blue, grey and black) and shapes (round, off-round, ringed, baroque, drop and button). *The diversity of our multicultural, multilingual and multidisciplinary international community is our strength. Individually and collectively, we are changing the future for hospitalized infants and their families.*

Pearls are believed to offer a sense of confidence, strength and peacefulness to face life’s challenges. *Our evidence-based NIDCAP model and caregiving approach, offer a powerful perspective and tool to support individual moments as well as lives for the most vulnerable newborns and infants and their families.* Pearls represent wisdom that is gained through experience. *The individual and collective strength of our ever-*

growing community of trainers and supporters offer rich, insightful NIDCAP understandings for all those they touch.

Natural pearls are treasured for their beauty which happens because of the time they take to form. *To our NFI community, you are treasured for your past, present and future contributions supporting the VOICE OF THE NEWBORN & FAMILY and for being an important part of this incredibly rewarding and influential journey.*

For our members joining us at our upcoming 30th Annual NIDCAP Trainers and/or Membership Meeting, we are so very much looking forward to being together - learning, reflecting, celebrating and nurturing our NIDCAP program and one another.

Upcoming NFI Events



Open 1-Day Conference
at the
30th Annual NIDCAP Trainers Meeting

Gut Feeling: The Other Brain: Exploring the Connection of Microbiome, Stress & Infant Behavior

October 7, 2019 | 8:00 AM – 5:15 PM
Sheraton Portsmouth Harborside Hotel
Portsmouth, New Hampshire

For questions about attending the Membership meeting or the one day conference and/or sponsoring/exhibiting at our one day conference, please contact Jim Helm at jimhelm27@gmail.com.

Our [30th Annual NIDCAP Trainers Meeting](#), *Three Decades of NIDCAP Trainers Meetings: Guiding, Reflecting and Imagining*, will be October 5-7, 2019, Portsmouth, New Hampshire (USA). Two important meetings will happen within these three days:

- Our Annual NFI Membership Meeting will be:
Sunday, October 6, 2019,
2:20 PM – 4:20 PM EDT
[Sheraton Portsmouth Harborside Hotel](#)
250 Market Street,
Portsmouth, NH 03801 USA
- On Monday, October 7th, a one-day conference: *Gut Feeling: The Other Brain. Exploring the Connection of Microbiome, Stress and Infant Behavior* will be open to the greater community. [Click here for one day conference and registration details.](#)



We are getting an early start on plans for **World NIDCAP Day** in March 2020 and will produce a poster similar to the ones we have made for past World Prematurity Day celebrations.

Please consider documenting NIDCAP care in your unit over the next couple of months and watch for a special request to send your photos (to shareyourstory@nidcap.org) for inclusion in our NFI poster.



World Prematurity Day 2019, initiated by the European Foundation for the Care of Newborn Infants (EFCNI) and their parent organization partners, will be celebrated on **Thursday, November 17th**. In honor of this day, the NFI invites you to pay tribute to newborns, and to their families, nursery staff and hospitals around the world who provide essential NIDCAP care.

Please visit the [EFCNI](#) and [our website](#) for information, resources and ideas for how to participate in this international celebration.

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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