

thank you so much for your support!

JAN 2025

Sound origins

WELCOME TO OUR FIRST NEWSLETTER

We hope you are well.

As someone who has supported the study, we wanted to keep you updated about the study progress and plans. We would like to update you on how your involvement has impacted our study. We'd also like to show how this has helped the development of a music therapy intervention for parents with babies with uncertain futures on neonatal units.

So far there has been a national survey, interviews, focus groups and design meetings.

WHAT YOU TOLD US

TRAUMA

Parents: We heard from you that the experience of having an unwell baby on the neonatal unit is traumatic and mental health support needs to be improved.

Staff: Looking after unwell babies is emotionally challenging for you. Many experiences stay with you after you go home. The culture of your unit towards staff wellbeing and support impacted your level of burnout.

IDENTITY

Parents: We heard that cultural identity is particularly important to those in minority groups. When staff acknowledge your identity it improves your experience. You told us that you lose your identity on the neonatal unit and the feeling of being a parent is challenged because so many people take a part in caring for your baby.

Staff: you told us about you feel a need to put on a professional front and not show emotion.

You also told us how valuable religious and cultural community leads are to support your relationship with parents.

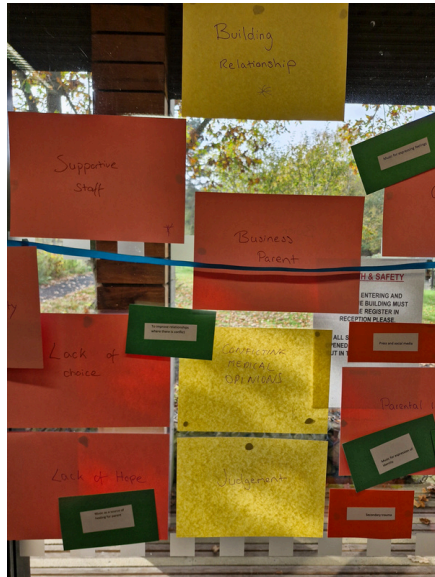
MUSIC

Parents: You spoke about using sounds and song to support you and your baby on the neonatal unit. It was important that this music was yours and not someone else's. Whilst some people would like tips on how they could use music, others were worried about a music therapist taking over or interrupting family time.

Staff: You like the idea of music therapy on the unit but also made us aware that it is important that music therapists are adequately trained in neonatal observation. You also felt there was potential for music to support your wellbeing.



What happened next?



A group of parents, neonatal professionals and charity representatives got together to organise everything you told us. After this, we started to think about ways music could be used to support professionals and parents with babies on the neonatal unit through reconnecting with ways sound and song has supported them in their past.

We want to:

- Give parents and staff **ideas** for ways of using music to support themselves.
- Help support the use of music to create a mental '**solace space**' for parents and staff.
- Support **connections** between staff, parents, baby and other family or community members off the unit.
- **Increase community understanding** of how to support parents whilst on the unit.

You can continue to help us by sharing ways you have used sound and song to help give ideas to future parents and staff!

Please contact Kirsty if this is something you would be interested in or to find out more.

Mobile: 07951 709292

Email: kirsty.jane@kcl.ac.uk

Future plans

We hope to test what is designed later this year

We will keep you up to date with what the intervention looks like and our plans for testing.

There are also future celebration events you can attend!

Thank you for your sharing your experiences

Thank you to all the organisations that supported us to reach you!

