



Socks for Life



1 baby in 10 is born premature. Worldwide.

Make a difference –
join Socks for Life.

Dear reader,

1 baby in 10 is born premature. Worldwide.

Preterm infants need special care and committed people like you to look after them. As parents and patient representatives, we are grateful for the work you do every day.

We started Socks for Life, a worldwide campaign, to give those who make a difference for preterm babies a tool and a voice to visualise the improvements they achieve – and through this, inspire others to follow their example.

Our mission is to ensure that every baby receives the best start in life. Everything we do for preterm babies and their families, no matter how small it seems, can help to improve their situation.

As part of our project European Standards of Care for Newborn Health, a group of experts developed with us these recommendations, which we hope will inspire you to live the Socks for Life spirit during your everyday work.

Sincerely yours,

The EFCNI Executive Board

Silke Mader
Chairwoman

Nicole Thiele
Vice Chair

Prof. Neil Marlow
Member

Every little step counts

Socks for Life is a worldwide campaign in which people join forces to make a difference for preterm babies, their families, and the care team around the infant.

We know that change does not happen overnight – and it takes the commitment of many people to achieve it. Together we are strong: If we team up with healthcare professionals, parent organisations, and other partners, we can make change happen.

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for Life**



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Birth and transfer

- Refer women with high-risk pregnancies to specialised perinatal centres.
- Transport critically ill newborns with specialised equipment and skilled staff.
- Ensure inter- and intrahospital cooperation between obstetric and neonatal teams.



Medical care and
clinical practice

- Promote long-lasting health by practising evidence-based neonatal medicine.
- Develop unit protocols for frequent clinical procedures.
- Provide parents with understandable medical information.



Care procedures

- Optimise pain management processes in your unit.
- Involve parents in daily caregiving.
- Consider the infant's sleep-wake cycles for caregiving and interventions.



Infant- and family-
centred developmentally
supportive care

- Welcome parents to your unit 24/7.
- Give parents and infants the opportunity for skin-to-skin care.
- Ensure adequate stimulation and interaction according to the current individual needs of the infant.



NICU design

- Reduce noise and light in your unit.
- Provide space and facilities for the family to stay with their baby.
- Foresee quiet rooms for parents and staff.



Nutrition

- Start parenteral nutrition in small preterms on day 1, followed by early enteral feeding.
- Provide facilities and skilled staff to support breastfeeding.
- Monitor individual nutritional needs.



Ethical decision-making
and palliative care

- Practise joint ethical decision-making.
- Integrate palliative care in neonatology.
- Offer counselling and provide cultural sensitive support for families and staff.



Follow-up and
continuing care

- Continue adequate support after discharge, also beyond the first year of life, and inform parents about needs for medical and developmental check-ups.
- Prepare parents to care for their baby at home and ask them which support they need.
- Facilitate the flow of information from hospital to continuing care, and include the family of the baby.



Patient safety and
hygiene practice

- Make hand hygiene a priority.
- Optimise surveillance for preparing and administering medication.
- Prevent healthcare-associated infections.



Data collection and
documentation

- Collect and analyse data to evaluate healthcare services.
- Promote comparability of data collection.
- Join data collection projects.



Education and training of
the multidisciplinary team
working in neonatology

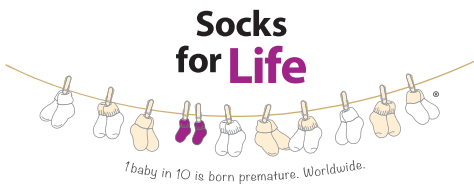
- Advocate a common European neonatal training curriculum.
- Prepare for sensitive communication situations.
- Promote continuing professional development of the team.

Do you want to become more active with Socks for Life?

Having Socks for Life in mind during your daily routine is a great step to improving the situation of preterm babies and their families. If you want to advocate Socks for Life® in your hospital, city or country, you are warmly invited to find partners with whom you can collaborate to organise your activities.

For inspiration take a look at the Socks for Life toolkit. We also provide graphics like poster templates and Facebook covers as a free download in about 40 languages. Please make sure to follow our guidelines for the use of the material.

View more at: **www.efcni.org/socksforlife**



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All contributions, however small, help us to achieve our goals and will make a vital difference. If you wish to make a donation, you can do so via direct bank transfer to the following EFCNI bank account:

Bank fuer Sozialwirtschaft
Account owner: EFCNI
IBAN: DE18 3702 0500 0008 8109 00
BIC/SWIFT: BFSW DE33 XXX

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