

# Transitioning to Motherhood in the Neonatal Intensive Care Unit

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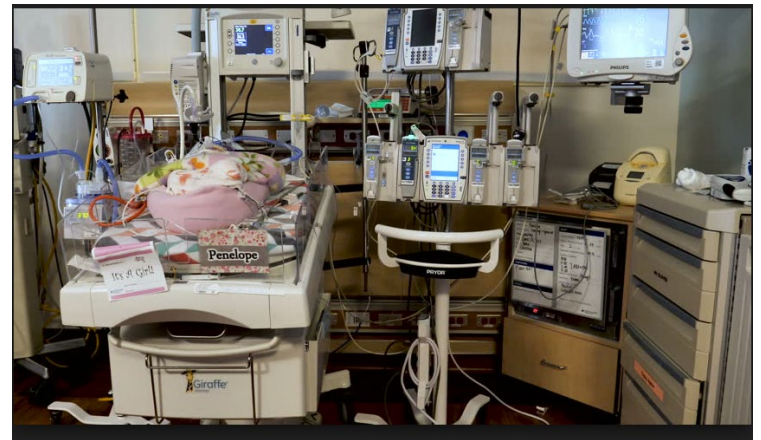
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# Background

- Transition to Motherhood
- NICU Admissions
- The NICU
- The NICU Impact on the Mother



# Current Study

- The **aim** of this study is to understand how new mothers process their pregnancy and childbirth experiences once they have transitioned home following the NICU stay.
- Our **goal** is to consider the application of Stern et al.'s (1995) transition to motherhood theory when the normative birth and early postnatal period is interrupted by a newborn's stay in the NICU.



# Methodology

- Sample
- Analytic Approach
  - Survey-Driven Narrative Construction



# Research Questions

1. How stressful or traumatic did participants perceive the childbirth and NICU experiences to be?
2. Did these experiences affect these new mothers' perceptions of their early bonding relationship with their infants?

# Results

- Emerging Themes
  - Stressful and positive pregnancy reflections
  - Type of Birth
  - Traumatic birth experiences and emotions
  - Care provision in the NICU
- Mother-Infant Bonding
  - Similar bonding despite birth type, medical complications, length of NICU stay, or perceptions of trauma.

# Implications

- Starting point for understanding the complexity of the experiences surrounding childbirth and NICU hospitalization
- Providers should take time to hear each family's story and the meaning it holds for parents
- Ultimately, enhancing maternal well-being enables better care for infants (Bowlby, 1980)



# Thank you!

Questions? Please email:  
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