Lullaby-Playing Pacifier Helps Premature Babies Thrive

Special pacifier plays songs recorded by babies' parents to help newborns develop skills for feeding, grow stronger

UCLA Health

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NEWS PACKAGE

NETTO I AGINGE		
SUGGESTED TEASE	SOME SAY MUSIC HAS A SPECIAL ABILITY TO HEAL, AND NOW RESEARCHERS ARE FINDING THAT TO BE TRUE FOR SOME OF THE TINIEST PATIENTS. COMING UP, DETAILS ON A NEW STUDY USING TECHNOLOGY TO HELP PREMATURE INFANTS THRIVE AND GROW.	
ANCHOR LEAD (PACKAGE START)	AS A PARENT, THERE ARE FEW THINGS AS DIFFICULT AS FEELING HELPLESS WHEN YOUR CHILD IS IN NEED. BUT THAT'S OFTEN THE REALITY FOR PARENTS WHOSE BABIES ARE IN THE NEONATAL INTENSIVE CARE UNIT. HOWEVER, A MUSICAL DEVICE GIVES PARENTS AN IMPORTANT ROLE IN THEIR BABY'S MEDICAL CARE. BARB CONSIGLIO HAS THE DETAILS	
(I AONAGE START)	(NATS - "Mommy's here.") :02	
CG: Courtesy: UCLA Health:00 -: 03 Shots of Jana seeing babies in NICU after delivery	HAVING TO GO HOME WHILE THEIR TRIPLETS STAYED IN THE N-I-C-U WAS A HELPLESS FEELING FOR JANA GALLUS (YAH-nuh GAL-us) AND GREGOR MARTYNUS (mar-TEE-nuss). :06	
CG: Gregor Martynus Father of triplets	"Every time we had to leave them thereyeah, it was very hard." :07	
Shots of triplets using PAL	THEN THEY LEARNED OF A NEW WAY TO HELP THEIR BABIES EVEN WHEN THEY COULDN'T BE AT THE HOSPITAL. :04	
	(NATS - Song playing: "Every little thing is gonna be alright") :04	
Shots of Jenna connecting PAL	RESEARCHERS AT U-C-L-A MATTEL CHILDREN'S HOSPITAL ARE STUDYING A DEVICE CALLED A	

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Shots of Jenna giving PAL to PACIFIER-ACTIVATED LULLABY, OR PAL1. IT PLAYS A LULLABY WRITTEN AND SUNG BY THE baby in NICU BABY'S PARENTS WHEN THEY SUCCESSFULLY SUCK ON THE PACIFIER. :11 CG: Jenna Bollard "They love it, especially when they hear their parents" **UCLA Mattel Children's Hospital** voices, they want to keep performing.":05 THIS IS CRITICALLY IMPORTANT FOR PREEMIES Shots of triplets in NICU BORN BEFORE THIRTY-FOUR WEEKS, WHO OFTEN STRUGGLE TO FEED BECAUSE THEY HAVEN'T DEVELOPED THE REFLEX TO SUCK, BREATHE AND SWALLOW.:09 "Sometimes it's that last thing that needs to happen Jenna Bollard (CG'd earlier) before an infant is discharged from the hospital is their ability to feed orally with strength and endurance.":11 SEVENTY PERCENT OF PREEMIES IMPROVED Shots of baby in NICU using PAL THEIR PROFICIENCY USING A PACIFIER WHEN THE PAL DEVICE WAS USED, A SKILL THAT'S IMPORTANT FOR FEEDING.:04 Shot of Jenna and researcher watching baby with PAL (NATS - Jenna: "She's doing it in rounds of six" Researcher: "Oh, wow."):03 Shots of Jana and Gregor in IN HOPES TO SHORTEN HOSPITAL STAYS WHILE NICU with babies ALSO EMPOWERING PARENTS AND EASING THEIR OWN EMOTIONAL DISTRESS WHILE THEIR BABIES ARE IN INTENSIVE CARE.: 06 CG: Shelly Frisco, RN **UCLA Mattel Children's Hospital** "There's a role here that you play that no one else can fill that void, and it's critical and it's powerful.":06 **Gregor Martynus (CG'd earlier)** "It helped us as parents, I think, just as much." :03 Shots of triplets bottle feeding in WITH THE HELP OF THE PAL DEVICE, ALL THREE NICU OF THE TRIPLETS FED BETTER AND GREW STRONGER.:03 Shots of babies in car (NATS - "You're doing great.") :02 AND WERE ABLE TO GO HOME TOGETHER AT Shot of Gregor waking up baby FIFTY-TWO-DAYS-OLD.:03 Shots of babies bottle feeding at (NATS - Hi baby!):01 home NOW. THEY ARE HEALTHY BABIES GROWING BY THE DAY.:03

Shots of music therapist playing lullaby to triplets and parents

(NATS - "This guy eats like 10 ounces sometimes."):02

AND THEIR PARENTS SAY MUSIC CONTINUES TO INFLUENCE THEIR DEVELOPMENT, JUST AS IT HAS SINCE THEIR FIRST DAYS IN THE WORLD. :06

CG: Jana Gallus Mother of triplets

ANCHOR TAG

"They're all healthy and there's really nothing more we could wish for." :03

Shots of triplets at home

AT UCLA MATTEL CHILDREN'S HOSPITAL, THIS IS BARB CONSIGLIO REPORTING. :03

(PACKAGE END) -----

WITH POSITIVE RESULTS FOR BOTH BABIES AND PARENTS, EXPERTS ARE HOPING THAT MORE HOSPITALS WILL ADOPT THE TECHNOLOGY TO HELP SHORTEN STAYS IN THE N-I-C-U, REDUCING HEALTHCARE COSTS AND HELPING FAMILIES TAKE THEIR BABIES HOME AS SOON AS POSSIBLE.

SOCIAL MEDIA

Share it! Suggested tweet:

Researchers at <u>@UCLAMCH</u> have implemented a device that gives parents a way to help their babies in the NICU with a special lullaby that develops their ability to feed. http://bit.ly/2CFZkJy

Suggested post:

Watching their baby in the NICU can be a helpless feeling for parents, but a new device is giving them a way to aid in their baby's growth and development.

Researchers at <u>UCLA Mattel Children's Hospital</u> have implemented a device that uses parents' voices to help preemies learn to feed. http://bit.ly/2CFZkJy

EXTRA BITES

CG: Jenna Bollard UCLA Mattel Children's Hospital Bollard describes how parents write lullables for their babies: "What they want their baby to know, what they dream of for their baby, what they've noticed about their personality that's evolving so far, and they create these special songs with us and sing on them and get to express all of their emotions."

Bollard describes how the PAL device helps parents: "Parents, overall, have reported feeling less stressed when music therapy and the use of the PAL is involved, more empowered with the use of the PAL and music therapy and more bonded with their baby overall."

Bollard says parents' voices help with clinical care and goals: "Using their voice and the special song that they created on this medical device where they're able to aid in these

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very clinical-focused goals."

Frisco says parents play a crucial role in babies' medical care: "Parents make all the difference, and I often tell parents that you are the best part of this equation. The technology can only do so much; we as medical practitioners can only do so much. However, you are your baby's best medicine."

CG: Shelly Frisco, RN UCLA Mattel Children's Hospital

Frisco says oral feeding is a big milestone for preemies: "It's a very, very big milestone for our preemies to be able to accomplish to orally feed, to breastfeed, to bottle feed."

Frisco says the PAL makes parents feel they can help: "It's a way for mothers and fathers to really feel that they can really do something to help their baby in addition to everything else that they're doing."

CG: Jana Gallus Mother of triplets Jana describes their routine while the babies were in the NICU: "We would spend most of our days inside the NICU, visited our babies and participated in the feeding and, you know, did the whole routine there for 52 days. That's when they all decided to come home on the same day."

Jana says it helped for the babies to hear the song in the NICU: "Even if you're not there and they can listen to it and they associate positive memories or positive things with it, then that should certainly help."

Gregor loved that the babies heard their voices when they weren't there:

"We can only be there for so long, and when we are not there and they would still hear our voices, it just, I mean, it helped us."

CG: Gregor Martynus Father of triplets

Gregor says music helps the babies relax, which is important: "Music helps them relax, and when they're relaxed they eat better, and this is the most important thing for them to catch up with the other babies who had 40 weeks in the womb."

References

¹Pacifier-Activated Lullaby (PAL), **Powers Medical Devices.** Online: http://powersmeddev.com/

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