

# Sample Skin-to-Skin Care (SSC) Parent Competency



| Step | Action  | Validation of Competence    | Complete ✓ |
|------|---|-----------------------------|------------|
| 1    | Completes parent education for SSC in the NICU  | Certificate of Completion   |            |
| 2    | Reviews the unit protocol and understands the eligibility criteria for SSC  | Observation                 |            |
| 3    | Return demonstration of SSC procedure for standing infant transfer and parent seated transfer with doll simulator   | Observation                 |            |
| 4    | Assesses own infant's eligibility and readiness for SSC   | Observation                 |            |
| 5    | Prepare self for SSC <ul style="list-style-type: none"><li>• Ensure proper attire is worn</li><li>• Ensure personal needs are attended to prior to session</li><li>• Ensure comfortable, safe seating and privacy is provided for session</li></ul>                   | Observation                 |            |
| 6    | Prepare infant for SSC <ul style="list-style-type: none"><li>• Ensure proper attire for infant</li><li>• Ensure infant's personal needs are attended to prior to the session</li><li>• Ensure comfortable, safe seating and privacy is provided for session</li></ul> | Observation                 |            |
| 7    | Perform transfer in accordance with parent preference and unit protocol   | Observation                 |            |
| 8    | Review safety plan once settled in SSC position (How will the family caregiver access a clinician? When should the family caregiver access the clinician?)  | Observation                 |            |
| 9    | Perform return transfer in accordance with parent preference and unit protocol  | Observation                 |            |
| 10   | Support infant's transition once returned to incubator with gentle containment, soothing vocalizations, etc.  | Observation & Documentation |            |

Parent: \_\_\_\_\_  
Printed Name Signature Date

Observer: \_\_\_\_\_  
Printed Name Signature Date