

Impact of Premature Birth on Mothers

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Premature birth is very challenging complication of birth affecting the parents directly and indirectly. Parental bonding is innate and automatic behavior. Unexpected delivery, hospitalization of premature baby, length of stay, different procedures and uncertainty about infant can put significant stress on parents [1]. It has been found that premature birth has negative effects on parental behaviors, accepting reality and transition to parenthood [2]. Parents are the most important pillar in developing infant. Early acceptance and optimization has better impact on premature developing infant, whereas disengaged patterns and intrusive interactions have been found to affect negative affect on developing premature babies [3]. Quality of parent- infant interaction is the key for future competencies and behavioral developments of growing premature infants. Preterm infants represent a large group of population with future risks of multiple comorbidities [4]. Some researchers have described mothers of premature infants less sensitive, more intrusive and less disengaged. Premature delivery can add anxiety, stress, depression and denial in mother behavior. Most of the causes are not clear unfortunately. Some researchers have found equal or even better quality of relation between premature baby and mother. It is important to involve NICU nurses and clinicians in optimizing health of mothers.

Conclusion

All efforts should bring comfort to mother and premature baby to develop parental relation between them to enhance growth and development of baby. Mothers are at the risk to have psychological effects post-delivery, requiring support throughout baby hospitalization.

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