

FRÜHCHEN & NEOKINDER

**Family presence during resuscitation
The parents' perspective**

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My personal story

2018 - GA 25/4 – Premature rupture of membranes (PROM)

- Unexpected birth 2018
- Challenging start into life with many complications



After two days in the NICU

- **Routine** procedure – placement of a PICC
- Our son Lenny suffered a **cardiac arrest**
- The neonatologist informed us about our son's condition



What did that moment do to us as parents?

We screamed.

We cried.

*We thought our world had already **fallen apart** with the premature birth — but that moment, when you believe your **child is dying** and you can't be with him, was the **worst moment** of my entire life.*



Thank you to the entire team —
YOU saved our son



- The call that brought relief
- The first visit afterward
- So many questions - so few answers



What would we have needed in that moment?

- The opportunity to go directly to the NICU
 - and **witness** that everything possible was being done
- Clear and **honest** conversations
 - on the same day, a few weeks later– before discharge
- Even today, almost seven years later– I still carry **unanswered questions** about that one moment



We are **deeply grateful** that our son was saved and is now able to live a **joyful life.**



Witnessing the Unthinkable

Parental Perspectives on Neonatal Resuscitation in the NICU

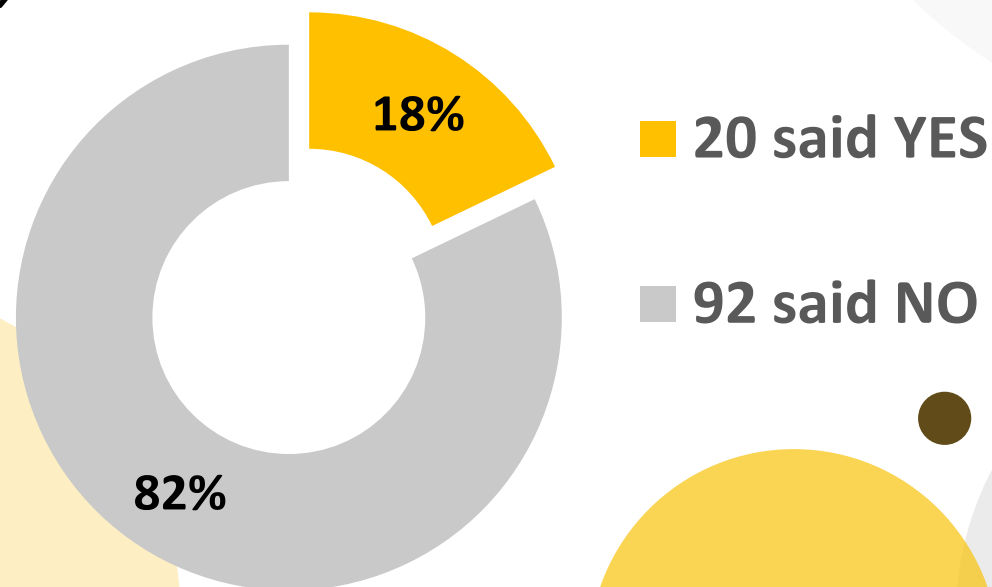


Parental perspectives

Survey on social media

We asked 112 parents:

«Have you ever experienced resuscitation with your newborn?»



Describing emotions during that experience:

In a state of shock, then I **just** had to **function**.

Emptiness.
Shock.

Shocked and **devastated**.

Horror!
I had to helplessly watch as my child almost died.

I wasn't there; I was asleep due to **general anesthesia** during an emergency C-section.

Fear,
powerlessness and **despair**.

Pure **chaos** – I couldn't process it and barely realized what was happening.

Total overwhelm and **emotional turmoil**.



What helps parents after newborn resuscitation?

1.

Involvement in Critical Moments

If the situation allow, parents should be given the option to be **nearby during resuscitation**. Being present can **support emotional processing** and **strengthen trust** in the medical team.

2.

Transparent Communication

Honest and **clear** updates about the child's condition and treatment. This **helps to build trust** and reduce fear.



What helps parents after newborn resuscitation?

4.

Peer Support and Exchange

Talking with other parents helps process the experience and **reduces isolation.**

3.

Early Psychological Support

Regularly contact with mental health professionals.



Presence, communication and compassion
simple steps can make a huge difference





Thank you

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