Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart • **M**easureable • **A**chievable • **R**elevant • **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal In 2 weeks, I will practice listening touch massage on 10 babies.	**Goal #1** I will teach parents to use hold, hug, roll with all transitions.
6-month professional NTMC goal In 6 months, I will consistently use a side lying diaper change.	**Goal #2** I will train parents to perform standing transfers.
1-year NTMC professional goal In 1 year, I will consistently use listening touch massage, MFR & side lying diaper ~~changing~~ changes with babies in my unit as appropriate.	
Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.	

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ● **M**easureable ○ **A**chievable ● **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal IN 2 WEEKS, I WILL COMPLETE 10 SIDELYING DIAPER CHANGES	**Goal #1** IN 2 WEEKS, I WILL TEACH 1 PARENT A STANDING SKIN TO SKIN TRANSFER
6-month professional NTMC goal IN 6 MONTHS, I WILL HAVE FULLY/CONSISTENTLY INCORPORATED HOLD, HUG, ROLL TECHNIQUE	**Goal #2** IN 6 MONTHS, I WILL ~~REACH~~ TEACH 10 PARENTS TWO PERSON CARE TECHNIQUES
1-year NTMC professional goal IN 1 YEAR, I WILL IMPLEMENT AN EARLIER BACK TO SLEEP PROTOCOL ~~WITH~~ INCLUDING CRITERIA DETERMING WHETHER OR NOT INFANT IS APPROPRIATE.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ● **M**easureable ○ **A**chievable ○ **R**elevant ● **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal I will start practicing/ ~~or~~ implementing massage on 20 infants to optimize my skills.	**Goal #1** Parent will demonstrate Back stroke while identifying moments to "just be" based on infant cues.
6-month professional NTMC goal I will lead a skills lab for eNursing regarding standing transfers and hold hug roll to improve skin to skin practices in my unit	**Goal #2** Parent will demonstrate hold hug and roll transfer prior to feeding infant. ~~too~~ ~~feeds~~
1-year NTMC professional goal Establish a yearly competency with nurses re: standing transfers and HH & transfer.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ● **A**chievable ○ **R**elevant ● **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal • utilize skills from NTMC to optimize developmental care - specifically utilizing flexion, containment - alignment	**Goal #1** • engage parents in developmentally appropriate care specifically containment and alignment • share a parent hold, hug role technique for transfer
6-month professional NTMC goal • work w/ developmental care RN (unit based) and NICU therapists to ~~plan~~ identify patient to provide infant massage to	**Goal #2** • teach family infant massage
1-year NTMC professional goal • offer parent education for parents in a NICU	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ○ **A**chievable ● **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal Perform massage on at least 3 patients in clinic to help relax prior to torticollis stretching.	**Goal #1** Teach hold-hug roll to all parents bringing their babies to OP therapy.
6-month professional NTMC goal Include parent education for all infants attending clinic with me.	**Goal #2** Be proficient in all skills learned during every infant appointment to truly be "infant-lead."
1-year NTMC professional goal Work PRN in NICU utilizing all tools learned for consistent, quality NICU care.	
Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.	

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ● **M**easureable ● **A**chievable ● **R**elevant ● **T**ime-Based

NTMC Professional Goals	**NTMC Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal • identify NTMC appropriate infants • provide ~~at least~~ once a day	**Goal #1** • teach 3 families hold, hug, + roll
6-month professional NTMC goal • teach at least 3 nurses • ~~teach at least 3 families~~ • track vitals before + after to show positive effects.	**Goal #2** • ~~teach~~ teach 3 families neonatal touch + massage
1-year NTMC professional goal • make NTMC part of my daily practice and encourage other providers to make it part of theirs as well.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart • **M**easureable • **A**chievable • **R**elevant • **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal Practice "Hold Hug Roll" in 5 infants.	**Goal #1** Teach "just be" ~~NTMC techniques~~ to 2 parents
6-month professional NTMC goal Use trigger point therapy on 5 infants.	**Goal #2** Teach arm or leg massages to 2 parents.
1-year NTMC professional goal Practice principles of NTMC on 50% of infants I treat.	
Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.	

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ● **A**chievable ● **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal In 2 weeks, I will practice the back stroke on 5 different infants	**Goal #1** In two weeks, I will teach a parent how to do skin to skin care via standing tf on at least one infant
6-month professional NTMC goal In 6 months, I will practice swaddle bathing on 5 different infants	**Goal #2** In 6 months, I will teach swadding, diaper changes, and swaddle bathing to 10 different parents
1-year NTMC professional goal In one year, I will perform full body infant massage on > 20 different infants	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart • **M**easureable • **A**chievable • **R**elevant • **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal Perform Listening Touch Massage on 5 different infants over 2 weeks.	**Goal #1** Encourage parents to be an integral part of their infant's care and ask questions.
6-month professional NTMC goal Perform Listen Touch Massage on all infants who are age and medical status appropriate.	**Goal #2** Encourage parent's to perform Listening Touch Massage as able and with confidence.
1-year NTMC professional goal Educate and provide assistance to all caregivers including hospital staff, grandparents, etc on Listening Touch Massage	
Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.	

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ○ **A**chievable ● **R**elevant ● **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal In 2 weeks, I will try to get my 20 practice massages.	**Goal #1** Teach parents slower movements and supportive diaper changes.
6-month professional NTMC goal In 6 months, I will develop a day to teach staff members Listening Touch massage.	**Goal #2** Educate and reinforce hand-hugs when skin to skin is not recommended.
1-year NTMC professional goal In 1 year, I will try to get swaddle baths with swaddle clothes introduced to my unit / being a part of practice.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ● **A**chievable ● **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal incorporate hold-hug-roll & Just be for ~~[illegible]~~ all movement transitions	**Goal #1** teach hold-hug and - Roll to move their baby for sidelying diaper change
6-month professional NTMC goal educate Reg staff Just be - hold hug & roll & pause for stress signs during all 4 hard care	**Goal #2** When STS attained → teach ~~[illegible]~~ also teach Back stroke prior to feed a - Standing transfer Add swaddle wrap
1-year NTMC professional goal therapeutic listening Massage incorporated as regular Parent education practice	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ○ **A**chievable ● **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal I will implement NTMC with at least 2 babies on my caseload.	**Goal #1** Parents will independently demo hold, hug, roll x2 during session.
6-month professional NTMC goal I will feel confident training 2 parents in NTMC.	**Goal #2** Parents will independently complete one standing transfer in one session. In prep for skin to skin.
1-year NTMC professional goal In one year, I will complete education/participate in two standing transfers with caregivers.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ○ **A**chievable ● **R**elevant ● **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal In 2 weeks, I will increase comfort for all LTM + ILU strokes on patients of ages 32-40+ weeks.	**Goal #1** I will provide education to families to be involved in cares for all ages
I will **6-month professional NTMC goal** become proficient i swaddled bathing for late preterm infants.	**Goal #2** I will educate families on LTM + ILU techniques.
1-year NTMC professional goal I will bring NTMC techniques to developmental workgroup to change practice on our unit to include swaddled bathing + standing T/Fs.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ○ **A**chievable ○ **R**elevant ● **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal In 2 weeks, I will... ① massage 20x in 2 weeks	**Goal #1** I will teach hug hold roll & side lying diaper change to 10 families
6-month professional NTMC goal In 6 months, I will be routinely using neonatal massage in my daily treatments.	**Goal #2** In 6 months I will be instructing many parents in use of NTMI.
1-year NTMC professional goal In one year our team will have implemented NTMI into checklisted parent instruction/meetings.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ● **A**chievable ● **R**elevant ● **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal practice 20 massages prior to educating caregivers	IN 2 weeks, **Goal #1** teach the caregivers of 3 families how to complete arm strokes & back strokes
6-month professional NTMC goal meet with neos to discuss skin to skin wraps.	IN 4 wks **Goal #2** empower caregivers to independently get into skin to skin position (those s ETT)
1-year NTMC professional goal In 1 year I will practice	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart • **M**easureable • **A**chievable • **R**elevant • **T**ime-Based

NTMC Professional Goals	**NTMC Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal - practice everything 20 times -In 2 weeks I will practice hand, hug, and roll on 20 infants.	**Goal #1** 1. Parent will be able to demonstrate hold, hug, and roll prior to cares given min verbal cues. ~~2. Parent~~
6-month professional NTMC goal - utilize NTMC prior to each therapy session pending specific patient needs	**Goal #2** 2. Parent will be able to demonstrate "just be" prior to cares. ~~given~~
1-year NTMC professional goal - be confident in teaching parents and nurses how to implement NTMC daily	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

In 6 months I will ~~teach~~ practice I love you massage on ~~each~~ 50 infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart • **M**easureable • **A**chievable • **R**elevant • **T**ime-Based

NTMC Professional Goals	**NTMC Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal I will have practiced the back stroke massage on 6 infants in a 2 week period.	**Goal #1** I will educate 4 parents on benefits of skin to skin for all neonates in 2 weeks.
6-month professional NTMC goal I will educate/assist in completing 3 standing skin to skin transfers within	**Goal #2** I will educate 3 families on the back, leg, arm stroke massage in 6 months
1-year NTMC professional goal I will confidently implement LTM in my POCs and educate families on massage techniques for 12 neonates.	
Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.	

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart • **M**easureable • **A**chievable • **R**elevant • **T**ime-Based

NTMC Professional Goals	**NTMC Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal 1. Complete practice with 20 patient care times for hold, hug, roll 2 Participate in more meaningful / intentional 2 person cares	**Goal #1** 1. Teach Hold, hug, roll to staff and parents ~~at least one st~~ 2. Teach hand hug to parents ~~c~~ VLBW and micropreemies
6-month professional NTMC goal Implement the basic foundational objectives of ~~buoy~~ NTMC with the nursing staff 1	**Goal #2** 1. Sidelying diaper change technique taught to nursing staff / parents
1-year NTMC professional goal Develop a system / teaching to improve our current skin to skin / kangaroo care ~~scholarship~~ program / protocol / embracing the "~~Just Bo~~" "Just Be, Do With. Hit Refresh" mind set.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ● **M**easureable ○ **A**chievable ● **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal In 2 weeks, I will practice listening touch massage on 2 different infants.	**Goal #1** Caregiver will independently demonstrate hold, hug, roll at least 2x in a session.
6-month professional NTMC goal In 6 months, I will demonstrate/teach listening touch massage to 3 families to implement in family cares for pt-caregiver bonding.	**Goal #2** caregiver will independently demonstrate back stroke, arm stroke, and leg stroke.
1-year NTMC professional goal In 1 year, I will have educated at least 10 nurses on sidelying diaper change, dressing, and proximal support for temperature checks. In 1 year, I will confidently assist a family with a standing skin to skin t/f.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ● **M**easureable ○ **A**chievable ● **R**elevant ● **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal Improve confidence c HHR transfers in 80% of medically complex infants.	**Goal #1** Initiate skin to skin & touch practice education c 100% of evals c parents present.
6-month professional NTMC goal Massage as typical part of daily practice c 100% of medically approp. infants.	**Goal #2** Massage education c all parents prior to dc when/if medically approp.
1-year NTMC professional goal Meet c providers & nursing leadership to facilitate massage & skin to skin protocols.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ● **M**easureable ○ **A**chievable ● **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal In two weeks, I will practice a gluteal trigger point release on 10 different babies	**Goal #1** Parent(s) will demonstrate independence ↑ gluteal trigger point release on baby upon D/C.
6-month professional NTMC goal In 6 wks, I will practice arm stroke massage on 10 different babies	**Goal #2** parent(s) will perform arm stroke massage with minimal to no cues from therapist in two weeks.
1-year NTMC professional goal In one year, PT will demonstrate independence with back stroke massage on entire caseload.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ● **M**easureable ○ **A**chievable ● **R**elevant ● **T**ime-Based

NTMC Professional Goals	**NTMC Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal In 2wks, I will practice appropriate LTM (full or portion) on 2 different babies	**Goal #1** In 2 wks, I will teach ~~[illegible]~~ 1 baby's parent(s) full/portion of LTM for parent specific goal
6-month professional NTMC goal In 6mo, I will tailor treatment session w/ NTMC principles (or appropriate techniques) based off RN/OT/SLP report	**Goal #2** In 2wks, I will teach 2 baby's parent(s) alternative positioning techniques (Ex: sidelying for diaper change)
1-year NTMC professional goal In 1 year, I will assist ~~[illegible]~~ other OT's (who attended this class) ~~[illegible]~~ implement NTMC principles in unit. (Ex: ~~[illegible]~~ implementing some skin-to-skin practices, sidelying diaper changes, positioning for flexion alignment, containment, comfort	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ● **A**chievable ● **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal Practice Listening Touch Massage on 4-6 infants of 36wk GA or above.	**Goal #1** Encourage parents to engage in care by performing hand hugs and/or Listening touch massage as appropriate for GA.
6-month professional NTMC goal Practice Listening Touch Massage on all infants of age appropriate GA competently.	**Goal #2** Encourage parents to perform standing transfers as able for skin to skin time.
1-year NTMC professional goal Educate other caregivers (e.g. parents, nurses, therapists, etc.) in principles of Listening Touch Massage, how to perform, and monitor for signs of distress, etc.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ● **M**easureable ○ **A**chievable ● **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal In 2 weeks, I will practice listening touch massage backstroke on 2 different infants.	**Goal #1** Caregiver will independently demonstrate hold, hug and roll with their infant 2x a session.
6-month professional NTMC goal In 6 months, I will educate and train 2 families on listening touch massage with their infants.	**Goal #2** Caregiver will demonstrate listening touch massage on their infant with minimal verbal cueing.
1-year NTMC professional goal In 1 year, I will implement at least one intervention per therapy session to identify and facilitate optimal feeding.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ○ **A**chievable ○ **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal Practice on 20 dolls / babies to be able to start teaching parents / other caregivers.	**Goal #1** Teach 5 families how to help during cares to be second set of hands for <32 wk baby → in 2wks
6-month professional NTMC goal Work with colleagues to implement a triage system to teach parents neonatal massage. Have a plan outlined	**Goal #2** Teach families 5 bedside care techniques in the first two weeks → in 2 months
1-year NTMC professional goal Have therapy staff involved with neuroprotective vs neuropromoting protocols for sub-32 wkers. 3x meetings with DCC.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ● **M**easureable ○ **A**chievable ○ **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal Practice Touch & Massage on 8 to 10 babies.	**Goal #1** Show at least 3 families how to do side-lying diaper change.
6-month professional NTMC goal Teach at least 5 families how to do the touch-massage and just wait and see.	**Goal #2** Provide written information about the benefits to infant massage.
1-year NTMC professional goal In 1 year I would like to do touch massage and myofacial release to the babies that are receiving Early Steps.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart • **M**easureable • **A**chievable • **R**elevant • **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal I will practice all 5 massage strokes 5 times each on appropriate patients.	**Goal #1** I will teach 1 family all 5 massage strokes to promote independent comforting & care-giving.
6-month professional NTMC goal I will teach 5 families & 5 nurses listening touch massage & when to use these techniques	**Goal #2** I will teach 5 moms standing skin-to-skin transfers.
1-year NTMC professional goal I will implement listening touch massage with 20 infants. ↳ specifically ILU strokes	
Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.	

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ● **M**easureable ● **A**chievable ● **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal - provide "I love you" massage to eligible infants.	**Goal #1** - Begin incorporating the standing skin-to-skin transfer (we currently don't commonly do this)
6-month professional NTMC goal - train RN coworkers on how to provide infant massage - Develop swaddled bathing education for unit.	**Goal #2** - Demonstrate the back stroke, arm, leg, and "I love you" massage for parents to learn
1-year NTMC professional goal - Add swaddled bathing protocol to annual skills fair.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ● **A**chievable ○ **R**elevant ● **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal In 2 weeks, I will practice massage strokes on 20 patients.	**Goal #1** Parents will successfully complete standing sum to sum transfers with min assist.
6-month professional NTMC goal In 6 months, I will teach massage strokes to parents at least 90% of the time they are present.	**Goal #2** Parents will consistently use "Hug, Hold, Roll" to pick up their infants.
1-year NTMC professional goal In 1 year, I will consistently use massage interventions for all appropriate patients.	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ● **A**chievable ● **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal Use massage 50% of treatment sessions	**Goal #1** Meet with parents at earlier ages
6-month professional NTMC goal Teach 50% of parents infant massage	**Goal #2** Teach nurses infant massage.
1-year NTMC professional goal Develop/Establish Infant massage in NICU	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ○ **A**chievable ● **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal obtain oil and begin to administer L-TM use SL diaper changes & hold hug roll	**Goal #1** increase skin to skin and use of standing transfers (personal instruction to parents)
6-month professional NTMC goal begin teaching parents listening touch massage during stay staff educated & use hold, hug, roll and SL diaper changes	**Goal #2** educate nursing staff on standing transfers 100% ft staff
1-year NTMC professional goal to be part of nurse orientation to teach above handling (hold, hug, roll and standing transfer)	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ● **A**chievable ● **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal 3. Get a baseline measurement: Lux-meter Sound-meter in NICU	**Goal #1** 1. Teach ~~them~~ (Hold, Hug & Roll) to parents 2. Complete at least 20 practice trials of each massage strokes with adults
6-month professional NTMC goal	**Goal #2** 1. Consistently teach parents Listening touch and massage strokes / Therapeutic interventions based on infant's clinical needs, when appropriate 2. "
1-year NTMC professional goal Implement a NTM Instruction Protocol (For Staff) / (New RN's)	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ○ **M**easureable ● **A**chievable ○ **R**elevant ● **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal practice massage on 2 babies	**Goal #1** teach importance of positioning in babies care balance of flexion/extension more side lying care
6-month professional NTMC goal being proficient to teach massage to families	**Goal #2** provide education on benefits of massage/ positive touch
1-year NTMC professional goal Be proficient in infant massage to teach parents in ET & utilize techniques in practice Work on "HOW" I do things!	
Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.	

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION

Neonatal Touch & Massage Certification

Goals

Remember to keep your goals **SMART**!

Smart ● **M**easureable ● **A**chievable ○ **R**elevant ○ **T**ime-Based

NTMC **Professional Goals**	**NTMC** **Parent Engagement Goals**
How will you implement NTMC principles & practices into your daily care?	Formulate **two** goals to support parent engagement in their infant's care using the knowledge and skills you developed during NTMC.
2-week professional NTMC goal Use massage in 50% of sessions during NNS	**Goal #1** Teaching parent when infant has difficulty ↑ flexion
6-month professional NTMC goal Making massage a common practice	**Goal #2** Empower parents by giving them confidence when able to soothe irritability
1-year NTMC professional goal Creating a "program" to encourage massage	

Example SMART Goal: In ____ weeks, I will practice (insert NTMC principle or practice) on ___ different infants.

CREATIVE THERAPY CONSULTANTS
INFANT-DRIVEN EDUCATION