NTMC #	Question	Your Goal Response
NTMC26058	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	- to consistently use (and teach parents) the hold, hug and roll technique - to teach 1 family standing transfer to transfer baby out of the incubator - to practice the listening touch massage on 5 babies (likely to include dolls)
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	- to practice listening touch massage on 20 babies - to teach minimum of 5 families the listening touch massage - to practice the 'i love u' on 20 babies (may include dolls) - to teach minimum of 5 families the 'i love u' massage - to write SOP for the use of massage on the NNU - to speak to ward manager re. use of massage oil - consistently educate families I am working with on the importance of positive touch and ways in which they can provide this for their baby. - speak to the ward manager about procuring skin to skin wraps - if agreed, project would follow: procurement process, infection control approval, SOP for the safe use of wraps, staff education.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	- to offer all families on the neonatal unit with a baby born at less than 32 weeks the opportunity to learn the listening touch massage if they wish. - to be confident in supporting a family to do a standing transfer of their ventilated baby
NTMC26172	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks time I will have completed 4 back strokes on infants; demonstrating to parents and encouraging them to become involved in a 'normal' co-occupation. In 2 weeks I will have enabled parents in follow up clinic to complete listening and touch massage with their son, who has a severe HIE.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months time I will have established a base line on ICU staffs feeling towards standing skin to skin transfers. In 6 months time I will have collected observational data, once a month for a period of 6 months capturing the preferred method nurses support parents with skin to skin transfers
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 1 year touch and listening massage to be embedded in the IVH bundle to empower parents to be parents on the neonatal unit through co-occupation with their infant.

NTMC #	Question	Your Goal Response
NTMC26244	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will practice the Listening Touch Massage back strokes on 5 infants in green zone over 35 weeks PMA.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I will teach the Listening Touch Massage techniques to at least 6 parents of infants who are at least over 32 weeks PMA.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will be able to demonstrate to at least 10 families parents how to perform a swaddle bath for infants who are over 32 weeks PMA and appropriate for a swaddle bath.
NTMC26251	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will move all my patients using hand hold hug every time. I will being my swaddles with hip flexion and arm flexion.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In the next six months I will do the I love you massage on at least 20 patients that are having trouble stooling (in not medically contraindicated). In the next six months I will complete at least 20 Listening Touch Massages. In the next six months (after I have completed at least 20 Listening Touch Massages) I will teach at least 5 parents how to do listening touch massage with their babies.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year I will have incorporated teaching listening touch massage into my standard practice, hoping to teach to the parents that come in while I am caring for their babies (I work night shift so don't always have this opportunity).
NTMC26260	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks I will complete six I Love You massages.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In six months I will train ten parents on Listening Touch Massage. and parents will demonstrate appropriate teachback.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year I will incorporate listening touch massage daily into my practice in the NICU.

NTMC #	Question	Your Goal Response
NTMC26261	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks, I will practice the LTM on three different infants over 36 weeks PMA. In two weeks, I will practice the Hug handle roll technique on every interaction with any infant. In two weeks, I will teach care givers ways to provide neuroprotection techniques to 4 infants over 28 weeks.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In six month, I will teach LTM to 6 families on infants over 36 week PMA. In six month, I will perform 6 swaddle baths on infants over 36 weeks PMA.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will be confident in practicing LTM gliding back/arm/leg stroke performing on 30 infants over 36 week PMA
NTMC26278	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	To teach Mums how to wrap their baby with hands in midline and hips flexed, potato not burrito!
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	To lead a skin to skin standing transfer with three Mums with support from nursing staff using hot dog method.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	To complete a quality improvement audit around the use of massage and the reduction of pain responses during ROP.
NTMC26280	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will practice LTM on 2 babies in the yellow/orange zones and 2 babies in the green zone, as deemed medically appropriate.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I will train 5 families in LTM for infants in the green zone prior to discharge.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will present evidence-based research and collaborate with interdisciplinary teams to demonstrate and establish safety and efficacy for the use of oils during infant massage in our NICU.

NTMC #	Question	Your Goal Response
NTMC26289	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	By June 1, I will practice one listening touch massage and one I love you massage on infants over 34 weeks PMA.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	By November 15, I will have practiced 20 listening touch massages on infants in my care.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	By May 15, 2027, I will teach listening touch massage to the parents of three infants in my care.
NTMC26297	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	i want to complete at least 10 partial massages at work help teach 5 moms the proper way to transfer
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	education 10 families on how to give neonatal massages
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	continue to use my massage and neuroprotective skills in the NICU and help other staff learn neuroprotective techniques
NTMC26298	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will have practiced the Listening Touch Massage as least 3 times on an infant in the green zone over 34 weeks.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I will have educated at least 3 our neonatal providers during a formal meeting, or informally in conversation, of the benefits of NTM and rationale for providing it before a PO feeding attempt.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will have performed the LTM on at least 20 different babies who are in the green or yellow zone.
	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	1. In 2 weeks, I will teach parents the Listening Touch Massage on 2 different infants over 34 weeks PMA. 2. In 2 weeks, I will educated NICU staff on Care Neuroprotection techniques on infants born within 24-28 weeks.

NTMC #	Question	Your Goal Response
NTMC26300	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I will provide education to NICU staff (doctors, nurses, therapist) regarding benefits of the listening touch massage (back/arm/leg strokes) among 15 infants.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 1 year, I will teach 85% of staff on how to complete standing/sitting transfer to initiate skin to skin holding with parents in the NICU.
NTMC26303	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	WIthin 2 weeks I will be able to safely identify suitable infants who would benefit from NTMC input and what level of NTMC they would benefit from.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	WIthin six months I will be able to deliver arm stroke, leg stroke, back stroke and ILU massage to suitable infants on the NICU.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within one year I will confidently teach parents how to complete a range of neonatal massage to their preterm infant on the NICU.
NTMC26304	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will practice all 4 different types of massage on infants in the green zone.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I will train at least 5 different families on 1 type of LTM.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 1 year, I will confidently integrate at least 2 LTM with all infants who are in the green or yellow zone.
NTMC26306	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will practice listening touch massage on at least 4 infants over 35 weeks PMA in the green zone and demonstrate physiologic stability, while following all safety and developmental care guidelines.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within 6 months, I will educate at least 15 parents/caregivers on safe Neonatal Touch and massage techniques and provide hands-on guidance during bedside care sessions.

NTMC #	Question	Your Goal Response
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within one year, I will have educated 100% of NICU staff on safe listening touch and neonatal massage techniques through staff training sessions and hands-on demonstrations.
NTMC26308	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will be able to perform at least one of each massage type (arm stroke, leg stroke, ILU massage, and back stroke, on an infant that would benefit from each type with supervision from an NTMC therapist and receive feedback to improve my skills and knowledge.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6mo, I will be able to collaborate with SLP vs RN and educate on benefits of massage prior to feeding to improve infants awake state in a calm manner and provide more positive touch associated with feeds.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will be able to teach parents on the benefits of massage and provide feedback while teaching to enhance caregiver confidence and promote bonding with their infant through positive sensory input.
NTMC26311	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks, I will successfully perform 3 swaddle baths for my patients.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In six months, I will teach 8 families how to safely and correctly perform Listening Touch Massage on their babies.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will teach 20 nurses on my unit how to use a skin to skin support wrap as an addition to their practice.
	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	within two weeks i will use the care umbrella to identify candidates appropriate for massage and give three massages. week 2 ill be on vacation but i will develop a note used for documentation to include time duration technique and response.

NTMC #	Question	Your Goal Response
NTMC26312	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	i will massage 2-3 patients per week. i will teach families who are willing. i will create a log to trend weight gain and length of stay for quality improvement
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	i will provide evidence that demonstrates positive outcomes in order to secure more funding to train employees and expand the benefit to as many patients as possible
NTMC26313	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Two-Week Professional Goals 1. Within 2 weeks, I will review the neonatal touch/massage class materials, including infant readiness and stress cues, and identify at least 3 criteria that indicate when an infant is appropriate for positive touch or massage. 2. Within 2 weeks, I will practice one listening touch massage technique with at least 4 medically stable infants, using cue-based assessment before, during, and after the intervention.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Six-Month Professional Goals 1. Within 6 months, I will consistently incorporate cue-based positive touch or neonatal massage techniques into my care for appropriate infants and document infant tolerance, comfort, and response when applicable. 2. Within 6 months, I will provide informal bedside education or support to at least 3 coworkers regarding one neonatal touch/massage concept, such as green-zone cues, hand containment, or developmentally supportive touch.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	One-Year Professional Goals 1. Within 1 year, I will help educate 80% of appropriate unit staff on one neonatal touch/massage or developmental-care technique, such as safe transfer, positive touch, or cue-based handling. 2. Within 1 year, I will serve as a resource on my unit for neonatal touch/massage by supporting staff and families in using safe, cue-based, developmentally appropriate touch with medically stable infants.

NTMC #	Question	Your Goal Response
NTMC26315	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I will incorporate hand hug rolls in every positioning change or transition into holding as a caregiver until it feels natural and like muscle memory.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I will have incorporated listening touch massage into my caregiving routines (swaddle baths, before feeds, etc) at least 75 times.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will have taught at least 10 families how to perform listening touch massage on their baby.
NTMC26317	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 2 weeks, I hope to practice the neurodevelopmental CARE umbrella positioning and safe handling for 2 different extremely low birth weight premies.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In 6 months, I hope to integrate more Listening Touch Massages to 10 different infants and educate parents for babies over 35 weeks PMA.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I hope to familiarize myself with tub swaddle baths for infants over 32 weeks and perform them to at least 5 different infants with the parents. I work nights so it is hard to schedule this, so hopefully I can do this with at least 5 different parents.
NTMC26318	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks, I will practice the Listening Touch Massage on three different infants who are over 35 weeks PMA.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In six months, I will teach at least 5 families how to effectively complete the Listening Touch Massage on their infant who is 32 weeks PMA or older.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, at our skills day training, I will train 90% of NICU staff on how to transfer and complete skin to skin appropriately with an infant who is intubated.

NTMC #	Question	Your Goal Response
NTMC26322	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	That I will incorporate touch and massage to 20 babies that are appropriate in my NICU That I will teach at least 5 families on how to do touch and massage to help their baby calm down, arousal state for quiet alert feeding and bonding
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	That I will incorporate listening touch and massage to all the babies in my caseload - as appropriate and teach their caregivers. Implement hold, hug and roll as a standard of practice in our unit.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	To educate at least 5-10 RNs in our unit as champions in doing swaddled bath. That our unit will be doing swaddled bath not the standard old style of bathing. That listening touch and massage as a standard of care for all babies born <32 weeks.
NTMC26323	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks I will provide the listening touch massage to at least 3 appropriate babies
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In six months I will provide swaddled baths to all babies that is it appropriate for
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year I will teach at least 5 families how to do the I love you massage
NTMC26324	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within 2 wks, I will practice listening touch massage on 4 stable NICU baby while observing their comfort and stress cues.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within 6 months, I will regularly incorporate listening touch massage into developmental care for nicu infants.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within 0ne year, I will confidently use listening touch massage as part of developmental care and help educate parents on safe therapeutic touch.

NTMC #	Question	Your Goal Response
NTMC26325	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks, I will practice hold, hug and roll through two person care checks with 2 patients.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	in 6 months, I will practice 3 swaddle bath with 3 families.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In one year, I will education and help 10 families with skin to skin hold transfers and educating about stress cues for their babies.
NTMC26330	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Have completed a touch massage on 3 (full/partial) eligible babies.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Have completed 20 massages & begun to teach parents.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Have educated staff on the type of babies who may benefit from touch ,massage and develop a referral system with our other certified staff to try benefit as many babies as possible.
NTMC26332	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In two weeks I would like to practice the listen touch massage on 5 different infants in the green zone over 35 weeks.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	in 6 months I would like to educate staff on their orientation to the ward how to complete standing transfers and incorporate it official into their orientation
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	in 1 year I would like to introduce scarfs onto the ward for when patients are receiving skin to skin as I feel parents would be more comfortable
	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I plan to complete the NTMC massage -arms, legs and back with at least 2 appropriate babies and parents.

NTMC #	Question	Your Goal Response
NTMC26333	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I want to support nursing staff with education around swaddled bathing so every babies first bath is a wrapped/swaddled bath - integrate this practice consistently within our neonatal unit I want to support PICU staff and parent with a parent led transfer of their intubated baby
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Support the Just Be Hit Refresh into our neontal unit foundation training in my OT education sessions
NTMC26334	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will practice the listening touch massages on 5 different infants that are suitable and stable.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Alongside practicing the listening touch massage, I will focus on implementing some of the new skills to empower parents, eg. promoting skin to skin for up to 3 months for their term infant even when they're in a cot and dressed, using the 'hotdog' wrap for letting parents lift out their baby and empowering parents on what skills they can do such as diaper change and changing the probes, and educating the parents too.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	In a years time, I would love that my knowledge is part of my daily routine and can influence both staff and parents. We learn from each other and hopefully it can see more staff taking the time to 'just hold', focusing on the babies needs and abilities and that massage is incorporated into our unit for the better.

NTMC #	Question	Your Goal Response
NTMC26336	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will practice the listening touch massage with my OT colleague who also completed the NTMC certification on 4 babies over the next 2 weeks on our neonatal unit. I will tell all my colleagues about the course, discuss the course content, its relevance to daily neonatal practice and the benefits for our infants, families and their professional development. I will put posters in and around our parents kitchen/sitting room on the unit and discuss with our parents and ask would they be interested in participating in education on touch and massage.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	I will provide 30 min group education sessions with our parents at our weekly Tuesday nurture meeting on the importance of intentional touch and massage for their babies. These education sessions will be facilitated by my OT using demonstrations, discussion and questions and answers., I along with our OT will support parents who attended the education sessions to perform intentional touch and massage with their baby at the bedside. We will aim to support and observe one parent weekly over a 6 month period. This education will support parent/infant bonding, attachment, regulation and infant development. I will get feedback from parents.

NTMC #	Question	Your Goal Response
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	To embed neonatal touch and massage and intentional nurturing touch into the culture of the ward through education with our parents at our weekly nurturing group and open peer discussions. To enable parents to lead on this. I will audit our numbers of parents attending the education sessions, the impact this education has on our parents and the benefits to their infant. 5 additional staff members will get funding and complete the NTMC over the year.
NTMC26341	List your two week professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within 2 weeks, I will improve my awareness and understanding of infant positioning to support regulation and motor development by consistently applying appropriate positioning techniques during transfers from the cot, including the use of a hand hug and roll technique, and reflecting on at least 3 transfer interactions with a colleague who has also completed NTMC training.
	List your six month professional goal(s). Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within 6 months, I will work alongside staff on the unit to incorporate neonatal baby massage techniques before feeding, including the “I Love You” abdominal massage, by providing practical demonstrations to support parent and staff confidence.
	List your one year professional goal(s): Remember to make it a SMART Goal (Specific, Measurable, Achievable, Relevant, Time-based)	Within 1 year, our unit will demonstrate a more human-centred approach to care by integrating principles of neonatal touch massage into parent and staff education.