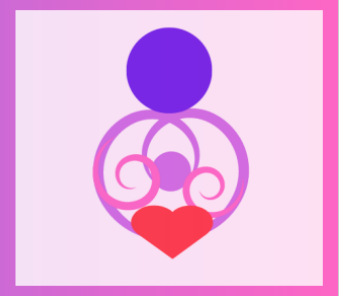


# Carried with Care



## Participant Information Sheet

<b>Study title:</b>	Carried with care - Parent & whānau experiences of babywearing with a baby born preterm in Aotearoa New Zealand
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### Introduction

Thank you for showing an interest in this project. Please read this information sheet carefully. Take time to consider and, if you wish, talk with relatives or friends, before deciding whether to participate.

If you decide to participate, we thank you. If you decide not to take part, there will be no disadvantage to you, and we thank you for considering our request.

### Ko wai ahau?

*Tena kotou katoa,  
Ko Ngati titiri tōku iwi  
I tipu ake au ki Manawatū  
E noho ana au Ōtepoti*

*Ko Brett tōku tāne,  
Ko Jack & Bennett tōku tamaiti  
Ko Donna Smith tōku ingoa*



Kia ora! My name is Donna Smith. I am a children's physiotherapist and Mum to two boys born preterm. I used babywearing with both of my preterm babies and am interested in finding out about your experiences of using a sling or a carrier with a baby born preterm.

### What is the aim of this research project?

We want to understand how caregivers feel about using a special carrier or sling to hold babies that were born early. This practice is called "babywearing."

Our research will focus on support, understanding, and practical recommendations, with an eye toward the well-being of both babies and families.

Our guiding principle is "**Ahakoā he iti, he pounamu**" – although it is small, it is precious.

## Who are we seeking to participate in the project?

We want to talk to parents & whānau who have had experience of a preterm baby being admitted to a neonatal or special care baby unit in Aotearoa New Zealand within the last 5 years who used a sling or a carrier with their baby(ies) on at least one occasion.

### *Inclusion criteria:*

- To be at least six months post discharge from the NICU/SCBU to allow transition to the community and reflection on their NICU/SCBU experience and have experience at different timepoints (twins or multiples are included)
- To have trialled a sling or carrier with their baby(ies) on at least one occasion.
- To be able to complete a zoom/teams' interview.
- Parent/caregiver is > 16-year-old.

### *Exclusion:*

- Unable to complete an interview without an interpreter.
- Unable to access zoom/teams or be present for a face-to-face interview.
- Admitted to a NICU but did not use a sling or carrier.
- Unable to use a sling or carrier due to safety concerns for the baby or caregiver.

## If you participate, what will you be asked to do?

Should you agree to take part in this project, you will be asked to participate in a discussion with Donna Smith lasting approximately 60-90 minutes (no longer than 120 minutes) via your preferred media (phone, Zoom/Teams). With your permission, interviews will be audio-recorded using video conferencing software (Zoom/Teams) and/or iPhone voice memo software. Depending on what you tell us, we may ask you to explain a little more. The questions we ask you will depend on what you are telling us – this is called an open-questioning technique. In other words, we do not know exactly what questions we will ask you. Consequently, although the Ethics Committee is aware in general what we wish to ask you about, the Committee has not been able to review the precise questions to be used. We will also ask you a few questions about yourself, namely, your age, gender, ethnicity, and occupation.

### Research questions:

We want to find out...

1. *What can we learn from the experiences of parents & whānau using babywearing for a baby born preterm?*
2. *Is babywearing useful in supporting parents & whānau with babies born preterm? And if so...*
3. *How would they like to be supported to ensure that babywearing is both safe and beneficial for babies born preterm and their parents & whānau?*



*You will be asked about your experience of having a preterm baby including admission to a neonatal or special care baby unit in Aotearoa, and your experience of babywearing with this baby.*

At the conclusion of the interview, you will receive a \$50 grocery voucher as reimbursement for the costs of participating in the interview (time, Wi-Fi, childcare support).

## **Is there any risk of discomfort or harm from participation?**

The study involves talking so no physical harm or discomfort will occur. Some questions may make you feel uncomfortable. You may decide to not answer some questions, withdraw from parts of the discussion or may fully withdraw from the study at any stage without any disadvantage to yourself.

As a Mum to two preterm babies, I can understand that discussing thoughts and feeling around this time may be challenging.

Support is available for this via the Little Miracles Trust or your GP or Well Child/Tamariki Ora Provider.

Free help/counselling is also available via HEALTHLINE (0800 611 116) 24 hours a day, 7 days a week with a trusted registered nurse.

## **What specimens, data or information will be collected, and how will they be used?**

Information from each participant's interview will be analysed and collated together to develop an understanding of parent and whānau experiences of babywearing a preterm baby in Aotearoa. Participants will be given the opportunity to review the findings and to ensure they are comfortable that it reflects their thoughts.

Only Donna Smith will have access to the original audio recordings and their transcripts, and the supervisory research team will have access to anonymised transcripts. Original audio and transcripts will be stored in Donna Smith's passcode protected University hard drive for 10 years after which any personal information held, such as contact details and audio recordings will be destroyed. Some anonymised data may be kept for much longer or possibly indefinitely.

The available findings from the study may be disseminated in the following areas: master's thesis, conference and/or Physiotherapy Special Interest Group presentation, Aotearoa Babywearing Groups, academic journal publication and shared with Te Whatu Ora paediatric and neonatal services. The data from this project will be publicly archived so that it may be used by other researchers. The results of the project may be published and will be available in the University of Otago Library (Dunedin, New Zealand) but every attempt will



be made to preserve your anonymity. The findings will also be shared with participants if they wish.

## What about anonymity and confidentiality?

The audio-recordings from the interview will be transcribed by Donna Smith with support from Otter.AI or similar automated transcription service which is able to ensure confidentiality and security of data.

No material that could personally identify you will be used in any reports on this study. Anonymised results of this research may be published.

## If you agree to participate, can you withdraw later?

You may withdraw from participation in the project before its completion, at any stage prior to dissemination of the results.

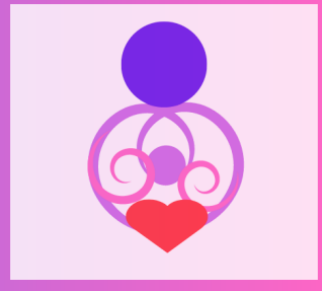
## Any questions?

If you have any questions now or in the future, please feel free to contact either:

<b>Assoc. Professor Meredith Perry</b>  <b>Lecturer</b>  <b>School of Physiotherapy</b>	Contact phone number: 0212795357  Email: Meredith.Perry@otago.ac.nz
<b>Donna Smith (Student investigator)</b>  <b>Professional Practice Fellow</b>  <b>School of Physiotherapy</b>	Contact phone number: 02102994209  Email: Donna.Smith@otago.ac.nz

*This study has been approved by the University of Otago Human Ethics Committee (Health). If you have any concerns about the ethical conduct of the research you may contact the Committee through the Human Ethics Committee Administrator (phone +64 3 479 8256 or email [humanethics@otago.ac.nz](mailto:humanethics@otago.ac.nz)). Any issues you raise will be treated in confidence and investigated and you will be informed of the outcome.*

# Carried with Care



Parent & whānau experiences of babywearing with a baby born preterm in Aotearoa New Zealand

*Student Investigator: Donna Smith* [Donna.Smith@otago.ac.nz](mailto:Donna.Smith@otago.ac.nz)

*Principal Investigator: Associate Professor Meredith Perry* [Meredith.Perry@otago.ac.nz](mailto:Meredith.Perry@otago.ac.nz)

## Consent form for participants

Following signature and return to the research team this form will be stored in a secure place for ten years.

Name of participant:.....

1. I have read the Information Sheet concerning this study and understand the aims of this research project.
2. I have had sufficient time to talk with other people of my choice about participating in the study.
3. I confirm that I meet the criteria for participation which are explained in the Information Sheet.
4. All my questions about the project have been answered to my satisfaction, and I understand that I am free to request further information at any stage.
5. I know that my participation in the project is entirely voluntary, and that I am free to withdraw from the project before its completion.
6. I know that as a participant I will participate in an interview via zoom/teams and that this will be recorded.
7. I know that the interview will explore my experience of babywearing with a preterm baby and that if the line of questioning develops in such a way that I feel hesitant or uncomfortable I may decline to answer any particular question(s) and /or may withdraw from the project without disadvantage of any kind.
8. I know that when the project is completed all personal identifying information will be removed from the paper records and electronic files which represent the data from the project, and that these will be placed in secure storage and kept for at least ten years.
9. I understand that the results of the project may be published and be available in the University of Otago Library, but that either (i) I agree that any personal identifying information will remain confidential between myself and the researchers during the study



and will not appear in any spoken or written report of the study.

10. I know that I will receive a \$50 grocery voucher as reimbursement for the costs of the interview (time, Wi-Fi, childcare).

11. I know that the audio file of my interview may be uploaded to an auto-transcription service to assist with transcription and that the audio file will then be deleted from the service. I consent to the use of an auto-transcription service YES/NO

12. I would like to review the study findings before it is submitted YES/NO and email address.....

13. I would like to receive the final research report YES/NO and email address.....

Signature of participant:

Date:

Name of person taking consent

Date: