



Mother's empowerment in premature infant's care

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Introduction: Premature infants are a vulnerable group and maintenance of them is one of the major health problems. The healthy and normal evolution of the premature infant is a great responsibility. These babies are experiencing problems due to inadequate and evolving body systems and require more attention. Empowering mothers is a way to help these babies, this study down the aimed to investigate the mother's empowerment in premature infant's care.

Method: This study was conducted by searching the databases, papers and books.

Results: Premature infants are faced challenges such as sound, light, sleep disorder, bad position, unnecessary manipulation and displacement, aggressive and painful interventions in the neonatal intensive unit care. By adopting some strategies can be reducing this stress, family and mother must talk quietly, open and close door and windows gently, not use of the mobile phone, modulate Alarm sounds, loss light and use light and dark alternately, diminution of manipulations and displacement of infants, reducing painful interventions, the use of hand support, establish a curved and comfortable position, the placement of hands near the baby's mouth are strategies that can be taught to mothers.

Conclusion: Reducing the stresses of preterm infants is very important. Having a different look at caring for premature babies from a care-based perspective to focus-based care and empowering mothers is important for having a healthy offspring. Educational support and empowerment of mothers and family can is very helpful so should be paid careful attention to its implementation.

Keywords: Empowering, mothers, premature infants care, vulnerable groups, Neonatal mortality