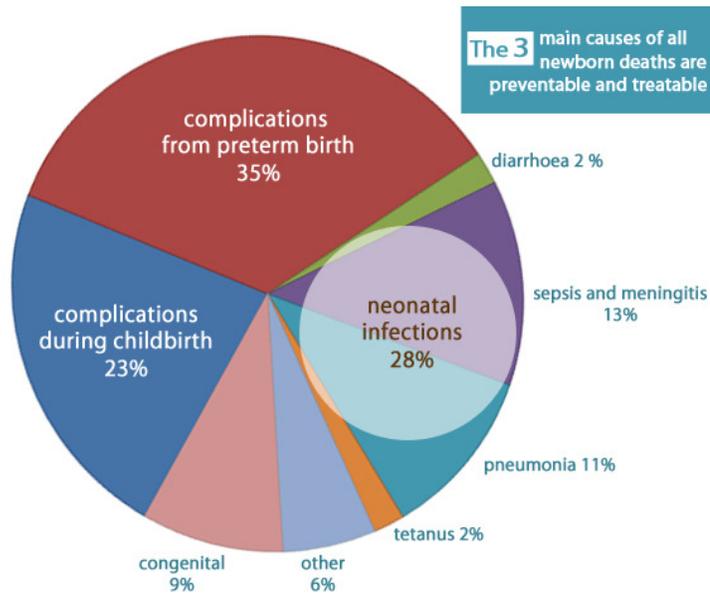


# Helping Babies Survive: Addressing the three most common causes of preventable neonatal deaths



Source: Liu L, Johnson H, Cousens S et al. 2012. Global, regional and national causes of child mortality: an updated systematic analysis. *Lancet* 379(9832):2151-61.

**Helping Babies Survive (HBS)** is a suite of evidence-based educational programs for health workers in resource-limited settings. HBS is an initiative of the American Academy of Pediatrics (AAP) in collaboration with the US Agency for International Development (USAID), Laerdal Global Health, Johnson & Johnson, Save the Children, the National Institute of Child Health and Human Development, and a number of other global health organizations.

## The HBS initiative consists of three programs:

Helping Babies Breathe (HBB)  
Essential Care for Every Baby (ECEB)  
Essential Care for Small Babies (ECSB)  
Improving Care of Mothers and Babies (ICMB)

**HBS began with the Helping Babies Breathe training module**, which focuses on teaching birth attendants basic neonatal resuscitation techniques that can save the lives of babies who need help to breathe at birth. Studies indicate HBB can reduce neonatal mortality on the first day by up to 47%<sup>1</sup>. Immediate care at birth is only one part of essential newborn care. Two additional HBS programs, Essential Care for Every Baby and Essential Care for Small Babies, address the other leading causes of newborn death. ECEB teaches health providers essential newborn care practices to keep all babies healthy from the time of birth to discharge from the facility. Building on the skills taught in ECEB, ECSB trains providers on the specialized care small and preterm babies need to survive and thrive. Both programs emphasize education of parents to care for their newborn infant and recognize danger signs. Improving Care of Mothers and Babies describes six steps to improve care and introduces learners to simple tools that they can use to implement initiatives in their facilities.

**Low-cost, purpose-built simulators and highly pictorial learning materials** make the Helping Babies Survive suite of programs accessible to audiences around the world. Each HBS module includes graphic action plans, flip charts and provider guides containing clear, specific instructions for healthcare providers to follow after the birth of a baby. Quality improvement measures are incorporated into HBS training materials to teach providers to identify gaps and implement recommended actions to improve care in their facilities.

Participants in HBS workshops practice together in pairs, which promotes cooperative learning and self-reflection. Because no electricity or specialized technology is required, HBB, ECEB and ECSB can easily be taught anywhere.



Supporting Breastfeeding at Essential Care for Every Baby course, Addis Ababa, Ethiopia, 2015

<sup>1</sup> Msemo G, Massawe A, Mmbando D, Rusibamayila N, Manji K, Kidanto HL, Mwizamuholya D, Ringia P, Ersdal HL, Perlman J. Newborn mortality and fresh stillbirth rates in Tanzania after Helping Babies Breathe training. *Pediatrics*. 2013;131(2):e353-360.



# Helping Babies Survive

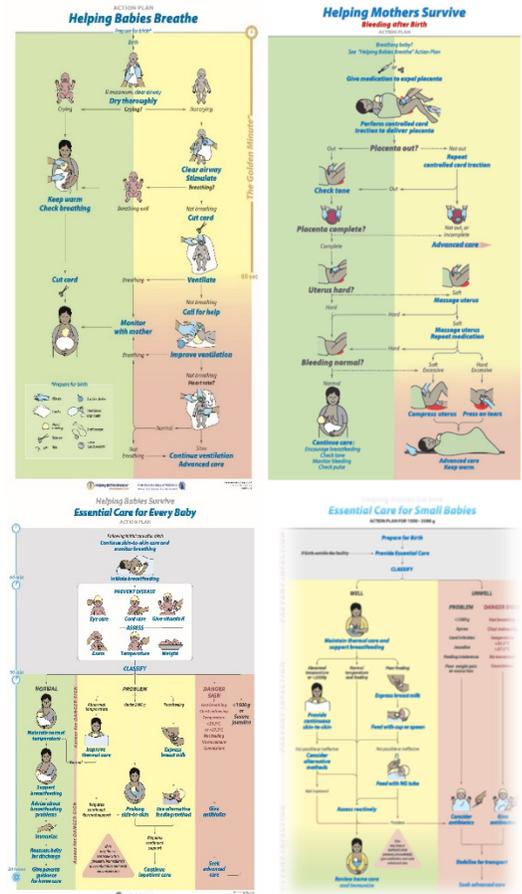


# Helping Babies Survive

**Helping Babies Survive** modules can be used as stand-alone programs, integrated with one another, or integrated with other newborn and maternal care programs, such as Helping Mothers Survive (HMS).

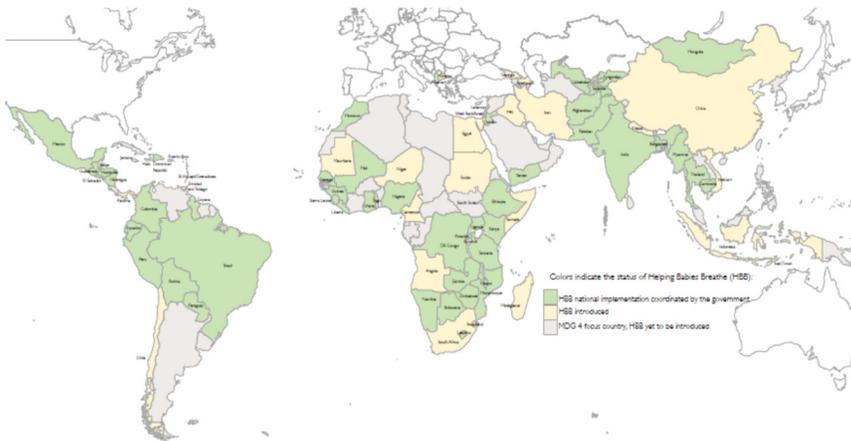
**Helping Mothers Survive** is designed to provide birth attendants with essential skills to address the primary causes of maternal mortality at the time of childbirth. The first module of the HMS package, Bleeding at Birth (BAB), aimed at preventing postpartum hemorrhage, utilizes an educational methodology and low-dose, high-frequency training approach similar to that of HBS.

**HBS materials may be adapted and translated** to fit curricular needs within existing ENC, EmONC, IMNCI or other training programs. Changes in materials may include adaptations of images for the local setting and minor content modifications to align with health authority guidelines for newborn care. Guidance on modification and adaptation is available on the American Academy of Pediatrics' Helping Babies Breathe website.



HBS and HMS Action Plans, Clockwise from top left: HBB, HMS, ECEB, ECSB

## HBS programs have been implemented in more than 80 countries



**To facilitate implementation**, HBS training resources have been translated into many languages. These materials are conveniently available for free access and download by visiting the AAP International Resources site, [www.internationalresources.aap.org](http://www.internationalresources.aap.org)

Please address your requests for modification of learning materials to the American Academy of Pediatrics at [hbs@aap.org](mailto:hbs@aap.org). Upon review and approval by the AAP, detailed specifications will be provided for each of the print files. All adapted materials must contain a specific and complete copyright and acknowledgement statement, which will be provided by the American Academy of Pediatrics. Organizations or agencies requesting modifications and translations will be responsible for executing all approved changes.

### Want to know more about Helping Babies Survive?

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