That which motivates caring is the main category of suffering. The basic motive of caring is fulfilled through the motive of caritas. As the motive of caritas is realized, caring is elaborated in the deepest sense. The aim of this study is to reach a deeper understanding and insight into how the caritative caring could be substantiated to help the newborn escape suffering. The research question encompasses: what within caring can help the newborn from suffering pain?

The theoretical framework of this study is based on Caring Science as it is developed at the Department of Caring Science at Åbo Akademi University, Finland. The study’s main assumptions stem from one axiom and three theses. The axiom: the human being is fundamentally an entity of body, soul and spirit. The three theses consist of: the basic category of caring is suffering, the basic motive of caring is the caritas motive and that caring implies alleviating suffering in charity, love, faith, and hope. The method and methodology have been chosen based on the aim of the study. The study has its roots in the hermeneutical tradition, and the method used was interpreting the written narratives of carers about what it is within caring which alleviates suffering, through a hermeneutical reading act.

The results show that love, closeness, touch, conversations, parents, rest and warmth is what alleviates suffering for the newborn. Touch, being touched and closeness were perceived as mitigating suffering and provide a feeling of security and act comforting. Through a sincere, warm commitment and empathy within the caring, suffering is similarly mitigated. The courage to stand by the newborns side must exist within the caring. The child must additionally be seen as a unity of body, soul, and spirit. The warm and loving carers are the messengers of caring. They should, through their way of being, be able to help the child from suffering. Love and consideration within caring alleviates suffering. With the help of the loving warm hands and arms, the newborn is delivered from suffering, and through these the newborn finds peace and may rest from his or her suffering. In this, the newborn finds strength.