



# Preemie Family

## Preemie Life

### *Kayden Bawa*



*Photo Credit: The Bawa Family*

### Parent Tip:

*Spend as much time as possible holding your baby. It makes a world of difference!*

**Gest. Age:** 26 weeks

**Weight:** 1 lbs. 10 oz.

**NICU Stay:** 87 days

**Proudest Moment (NICU):** When Kayden was taken off of the high frequency ventilator and placed on the Bubble CPAP.

Coming Soon:  
Check [www.PreemieWorld.com](http://www.PreemieWorld.com) for Kayden's journey from NICU to now.

## Advocate: Immunization Awareness

August is National Immunization Awareness Month. Parents who want to know more about the details behind various vaccinations, their schedules and myths, can reach out here to the Centers for Disease Control website for information to help make an informed decision regarding their child's needs:

<http://bit.ly/CDCimmunize>

## Preemie Resource: Weight Conversion Chart (from MOST)

PreemieWorld provides a number of free handouts to be used in the NICU and beyond in its "Freebies For You" section of the website. **This month's freebie is "Weight Conversion Chart"** courtesy of our friends at Mothers of Supertwins ([www.MOSTonline.org](http://www.MOSTonline.org)). "With pounds and ounces the norm with baby announcements, parents of preemies are instantly flustered by the grams measurement," comments Deb

Discenza, co-Founder of PreemieWorld, LLC. "MOST provides a very handy sheet for converting the weights day-to-day during the NICU stay." Parents and professionals alike will appreciate this freebie in that it is easy to print and reproduce. **So go download it here now:** <http://bit.ly/MOSTweight> **And check out many more here:** <http://bit.ly/PreemieFreebies>

## To Do List



**CONGRATS:** Sherif Bakir and Twahanna Green each won a copy of *Preemie the Explorer* from our August contest.



**Families in the NICU now – Don't wait, ask your NICU team if your child qualifies for Synagis during RSV season. It could save a life!**



**Download PreemieWorld's FREE tools** <http://bit.ly/PreemieFreebies> to use and to pass onto others.



### MARK YOUR CALENDAR!

**Preemie Palooza**  
Zoe Rose Memorial Foundation  
August 3, 2013  
Graham, NC  
<http://bit.ly/PreemiePalooza>

**NAHN 38<sup>th</sup> Annual Conference**  
Nat'l Assoc of Hispanic Nurses  
August 6-9, 2013  
New Orleans, LA  
<http://www.nahnet.org>

Have an event to share? Email us details at [connect@preemieworld.com](mailto:connect@preemieworld.com)

*Tools and Resources  
for the Preemie Community*

## Preemie Terms: Rounding with the Doctors

### **Rounds/Rounding with the Doctors:**

When the doctor discusses patients with the fellows, residents, interns, nurses and particular specialists (cardiologist, nutritionist, etc.). Ask if you may listen to the rounds discussion about your baby; if your doctor does not permit this, ask why they do not allow it.



### **Nicole's Take:**

Rounding with the doctors may not be as easy as I suggest. When I began to round with the doctors, I was the only mother doing so. There are natural barriers to entry here: how well one can grasp medical information and jargon, how emotionally spent you are, and how inclined you are to put one more thing on your plate. Let's not forget it also depends on how willing a doctor is to include your participation in the rounding. However, the best way to decrease the feelings of helplessness is to shed some of the components over which we have no control. Gaining a sense of empowerment in this kind of situation will help you immensely.

This excerpt is from *The Preemie Parent's Guide to Survival in the NICU* at [www.PreemieWorld.com](http://www.PreemieWorld.com)

## Support: MOST



*Out of a meeting of six mothers of multiples on Long Island, NY in 1987 came Mothers of Supertwins (MOST). MOST is an international pioneer in the world of parent support.*

### **Mission:**

To advocate for quality prenatal care, promote healthy deliveries, and supply information to all multiple birth families in order to support successful parenting through every phase of their children's development.

### **Resources:**

*Blog:* <http://bit.ly/MOSTblog>

*News:* <http://bit.ly/MOSTenews>

*For more information go to:*  
[www.mostonline.org](http://www.mostonline.org)

## The EVENT of the YEAR: Preemie Parent Summit



### *2013 Preemie Parent Summit*

<http://bit.ly/PreemieParentA>

October 4-6, 2013 • Nashville, TN

## Preemie Genius: MILO Bear

### The Details:

#### **By:**

Jennifer Baldi of MI Toys (The Multiple Intelligence Toy Co.)

#### **Website:**

[www.milobear.com](http://www.milobear.com)



### The Genius:

Special Education teacher Jennifer Baldi created MILO out of a need to help the children on her caseload to communicate their choices more effectively and appropriately. Her nephew, born with Cerebral Palsy, also had special needs that were also integrated into what the MILO Bear is today.

Baldi sees the benefits: "MILO allows parents to carry over therapeutic strategies in a fun, playful way that does not feel like more therapy." For any parent, that is key when doing "therapy homework."

**COOL:** Check out the "parents" section of the MILO Bear website for free downloads.

## After the NICU: Evaluate Early & Often!

*Not every premature infant goes home with some sort of therapy such as OT, PT or speech and more. For those parents that have a baby that does not qualify:*

- Contact your local Health Department for any programs available on infant monitoring and sign-up.
- Have a concern? Ask Early Intervention for an evaluation. Never assume it is nothing.
- Consider a private therapy evaluation as a second opinion. It may be worth the money spent and insurance might cover it. Ask other parents for referrals.

*Have a topic for After the NICU? Send it into us at [connect@preemieworld.com](mailto:connect@preemieworld.com)*

## Preemie Support Online

### On the Preemie Support Forum on INSPIRE:

Want to connect with *over 15,000 other parents of preemies online?* Check out the [www.Inspire.com](http://www.Inspire.com) **Preemie Support forum**. It is the largest and most active forum online and *moderated by PreemieWorld's own Deb Discenza*. The "rooms" range from "In the NICU" to "Going Home and Family" to "Growing Up and Education" along with more in-depth areas such as "Preemies with CP" and "Preemies with Feeding Issues." Check out some of our more recent topics:

"Reflux and Sleep"

"Do Preemies Catch-Up by Age 2? Ha!"

"Preemie Head Scans"

### On PreemieWorld's Twitter Page:

"STUDY: Preemie bonding delay is not Mom's fault - <http://ow.ly/n85sU> "

### On PreemieWorld's Facebook Page:

"ARTICLE: Preemie Study Triggers Debate Over Informed Consent - <http://ow.ly/mQgJi> "

### On PreemieWorld's LinkedIn Group:

"Preemie Dad Stories Needed by Papas of Preemies - contact [papasofpreemies@gmail.com](mailto:papasofpreemies@gmail.com) "

"Research examines difficulties faced by first-time mothers and premature babies - <http://ow.ly/n883A> "

## Get "Social" With Us!



[www.PremieWorld.com](http://www.PremieWorld.com)  
[www.LittleMantheMovie.com](http://www.LittleMantheMovie.com)



@PremieWorld



- PremieWorld
- Premie Parent's Survival Guide to the NICU



PremieWorld



Check out other LinkedIN groups we moderate:

- NICU Professionals
- Early Intervention Professionals
- Premie Parent Support Group Leaders
- Premie Parents
- Little Man the Movie

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for the Premie Community*



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"Little man" is every preemie parent's story



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## Q& A: What Are Some Common Myths About Having Multiples?

*Parents of preemies have it tough with just one baby. Imagine having twins, triplets, quads, quints and more? Diane Wipfler, Chairperson of Mothers of Supertwins (MOST) gives us some top common myths about multiples.*

**Q:** Can I breastfeed my High Order Multiples (HOM)?  
 Yes you can. Most women can provide at least some breast milk for their babies. Read *10 Tips for Breastfeeding Your Multiples* (<http://bit.ly/10TipsBF>) and *FAQs About Breastfeeding* (<http://bit.ly/FAQBF>).

**Q:** Will I receive free stuff, donations, offers of help?  
 Maybe. Part of the answer might depend on your community/neighborhood, how many multiples you

you have, and publicity. Some communities may hold diaper drives, showers or collect donations for big ticket items. Some companies do provide discounts or free gifts to families of multiples but these offers are few in number. And read about *Media Exposure and Multiple Births* at the MOST website: (<http://bit.ly/MediaMultiples>).

**Q:** True or False: It's twice (or three, four, five times . . .) as hard to raise multiples.

**A:** True! But you have MOST to rely on for support!

*Learn more about MOST at [www.MOSTonline.org](http://www.MOSTonline.org)*