



Preemie Professional

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Nick Hall

Founder & President, Graham's Foundation



*Nick w/wife Jennifer & daughter
Reece; Photo Credit: Sally Reece*

Professional Tip!

Recognize parents' commitment to their preemies – the preemie is the patient, but parents are the advocates and the decision makers.

Years in Field:
5

Background:
Nick is focused on making sure parents of preemies have all the support they need, in the NICU and beyond.

Check Out:
Graham's Foundation
www.grahamsfoundation.org

Coming Up:
Parents of Preemies Day
May 4, 2014
www.parentsofpreemiesday.org

Advocate: Developmental Disabilities Month

Preemies are at high-risk for a variety of developmental disabilities and parents need resources to be their best advocates. With that in mind March 2014 is **Developmental Disabilities Awareness Month**. Learn more about this special month as well as finding a solid resource at the **Special Needs Alliance**:
<http://www.SpecialNeedsAlliance.org>

Preemie Resource: Music Therapy

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 provides resources for "Music Therapy."** "Music has so many benefits for preemies," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "Yet it is crucial for parents and professionals to understand

the type of music needed and how to best use it to the benefit of these babies/children for the short-term and the long-term." Parents and professionals alike will appreciate this freebie in that it is easy to print and reproduce. **Download it here now:** <http://bit.ly/Music4Preemies> and check out more like this here: <http://bit.ly/PreemieFreebies>

To Do List



CONGRATS: [Emily Patterson](#) is the winner of the preemie rattles pack and [Whitney Harwood](#) is the winner of the little man DVD.



LIKED US YET?: PreemieWorld is doing another PreemieWorld Facebook page contest. See page 2 of this newsletter for details!



Download PreemieWorld's FREE tools <http://bit.ly/PreemieFreebies> and pass them onto NICU Parents as part of your welcome packet.

MARK YOUR CALENDAR!



35th Annual Conf on Pediatric Health NAPNAP
March 11-14, 2014
Boston, MA
<http://www.NapNap.org>

Young Child Conference & Expo
Los Ninos Services
April 23-25, 2014
New York, NY
<http://www.YoungChildExpo.com>

Have an event to share? Email us

*Tools and Resources
for the Preemie Community*

Support:

Life's Little Treasures Foundation



Year Established: 2005

Web: www.lifeslittletreasures.org.au

Outreach: International

Background: The charity was started in 2005 by parents who had prem babies and realized the importance of support and information for families going through this journey.

Programs: Website and PDF info sheets, iPhone app, hospital survival folder for parents, Books & Bubs Hospital Program, newsletter, education seminars, playgroups, 24-hour support line, parent support network, online community, social activities/events, giving programs for families, involvement in research.

Org: NIDCAP Federation International

From her own experience with the complicated birth of her son, Heidelise Als, PhD, a psychologist at Boston Children's Hospital and the Harvard Medical School, saw a void in the hospital systems' nurturing of the baby, especially of those high risk for disabilities, and their families. She is the force behind the NIDCAP Federation International (NFI).

Established: 2001

Type of Outreach: International

Website: www.nidcap.org

Focus: Mentoring caregivers, changing hospitals, and improving the future for newborns and their families. NIDCAP is the most comprehensive, evidence-based model of individualized developmental care for preterm

and full-term newborn infants and their families in the hospital, and during the transition home. The NFI assures and advances the quality of NIDCAP education, training and certification for professionals and hospital systems, and promotes the scientific study of NIDCAP implementation.

Programs:

- Training and Certification Program for NIDCAP and APiB Professionals and Trainers
- NIDCAP Nursery



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Visit PreemieWorld's FB page at:
<http://bit.ly/FBPreemie>

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from 3/1/14 to 3/24/14
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award-winning *little man* DVD
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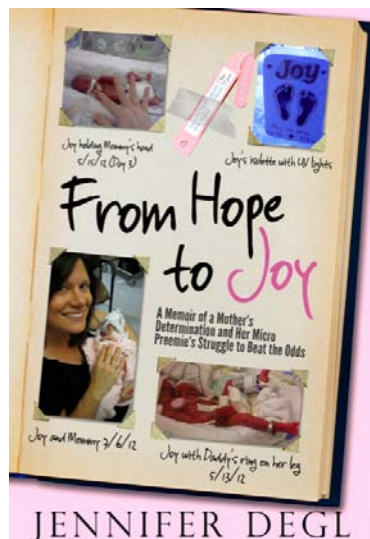


BOOK: From Hope to Joy

The Details:

By:
Jennifer Degl

Website:
<http://bit.ly/Hope2Joy>



The Genius:

As with every premature baby there is a story, a journey to the NICU and beyond. Author and Mom Jennifer Degl brilliantly details the harrowing world of bed rest and one family's desperation to keep their baby girl alive despite the odds. And later, when there isn't any option, baby Joy is born and Degl is honest about the aftermath of her daughter's battle for life but also her own. Weaved within this is Degl's husband's accounts along the way giving a refreshing and often unheard of perspective of the father. This is a *must-read*.

COOL: You could win a copy of this book! Enter for your chance to win by signing up for Premie Family at <http://bit.ly/preemie1> or Premie Professional at <http://bit.ly/preemie2> from 3/3/14 - 3/24/14.

After the NICU: Music Therapy

With 20 years of research behind her Jayne Standley, Ph.D. MT-BC, NICU-MT, cites the ongoing benefits of this therapy:

- Reduced time for infant to become an independent oral feeder
- Improved physiological stability on measures of heart rate, respiration rate and oxygen saturation
- Improved rate of weight gain
- Improved indicators of parent/infant attachment
- Improved emergence of developmental milestones

Contact the folks at the **National Institute for Infant and Child Medical Music Therapy** at www.nicumt.org for more info.

Premie Professional Online

NICU Professionals Group: (www.LinkedIN.com)

"Do you teach parents CPR before being discharged from the hospital?"

"NICU enteral warming and heat loss: What does it mean for you and your patients?"

Early Intervention Professionals Group: (www.LinkedIN.com)

"The 'Accessible Icon Project' Updates the Wheelchair Icon into a Dynamic Symbol of Ability"

"Research confirming what we have been telling parents and others . . . "

Premie World (www.Twitter.com):

"RESEARCH: A Mother's Voice on Special Pacifier Helps Premies Learn to Eat - <http://ow.ly/tPoC7>"

BE THE COOL PRO: Tell Your Families about the "Premie Network" on Inspire.com:

Deb Discenza of PremieWorld moderates this global network of *almost 18,000 parents* from NICU to home to school. www.inspire.com/preemie

Check out these groups and more by referring to the "Get 'Social' With Us" on page 4 for more information. Have news or research to share with us? connect@preemieworld.com

Get "Social" With Us!



www.PremieWorld.com
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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Q&A: Music Therapy

Music Therapy has a long and rich history. Music Therapist and Researcher Jayne Standley, Ph.D., MT-BC, NICU-MT (JStandley@music.fsu.edu) at www.NICUMT.org answers our questions.

What is music therapy for a baby in the NICU?

NICU-MTs who are specially trained Board Certified Music Therapists use music to a) reduce infant stress levels and improve behavior state, b) reduce distress following painful stimuli to help the infant return to a sleep state sooner, c) develop the immature neurologic system's tolerance for stimulation and decrease the infant's over-reaction to environmental stimuli, d) promote language development by

providing lullabies in the infant's native language, e) increase parent-infant attachment, f) increase infant socialization and responsiveness to people including head orientation, eye contact, smiling, cooing, and snuggling, and g) help the infant achieve developmental milestones that result in earlier discharge from the NICU. NICU-MTs also assist parents in learning to use music to further their child's development.

What type of music works best?

Sung lullabies in the infant's native language are soothing and promote language development.