



Preemie Professional

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Chantal Lau, PhD



Photo Credit: Chantal Lau

Professional Tip:

Remaining apprised of the latest evidence-based research on these topics will optimize recommendations for parents/families.

Organizations:

- Baylor College of Medicine, Dept. of Pediatrics/ Neonatology
- Infant Health Foundation www.infanthealthfoundation.org

Years in the Field: 23

Focus: Understanding the development of infant oral feeding skills and understanding the stress experienced by mothers who deliver prematurely in order to develop evidence-based interventions in order to optimize the integrity of the mother-infant dyad.

Advocate: PTSD Awareness Day

PTSD occurs on the battlefield and in any other traumatic situation. Preemie parents are not immune and often do not realize how much the NICU has scarred them. **June 27, 2015 is Post Traumatic Stress Disorder Awareness Day.** Learn more from the National Child Traumatic Stress Network here:

<http://preemie.us/PTSDaware>

To Do List



CONGRATS: **Ashley Reeves** is the winner of *little man* DVD for liking the PreemieWorld Facebook page per our newsletter contest last month. Congrats **Ashley!**



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!



ESPNIC 2015 - Caring without Borders
European Society of Paediatric & Neonatal Intensive Care
June 10-13, 2015
Vilnius, Lithuania
<http://espnice.kenes.com>

Summer Conference on Neonatology
MCA Events
June 25-27th, 2015
Provence, France
<http://www.neonatalinprovence2015.org>

Have an event you want to share with our community? Contact us at: connect@preemieworld.com

*Tools and Resources
for the Preemie Community*

Preemie Resource: The Top 10 Things You Need to Know Right Now

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 an oldie but a goodie: *The Top 10 Things You Need to Know Right Now in the NICU.* "Entering the NICU for the first few times was a lot like landing on a different planet. A whole

new world that I didn't understand, a language that I couldn't grasp and more. Add in my overloaded hormonal levels and you have one confused Mom. A copy of this should be in every welcome packet for every parent of a preemie in the NICU. It will save the parents and the staff a lot of time and heartache."

Download it here: <http://preemie.us/Top10NICU>

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Support: NEW ONE



In honor of her son Harrison who passed away from SIDS at 8 weeks and 5 days, Keri Gibbins wanted to find a way to support families while also protecting their babies.

Year Established: 2013

Outreach: South Australia

Web: www.walkwithwings.com.au

Programs: Angel Care Sound and Movement Mats for families with a baby born prior to 37 weeks and the Happy Castings with Wings Program provides castings of a baby’s hands and feet during the hospital stay for NICU, PICU, SCN, Palliative Care and Stillbirth, infant loss settings.

Org: So Precious

After having critically ill babies, Alison Kilgour and her husband David along with fellow parent Lorna Blue wanted to help the units and therein the families.

Website: www.so-precious.co.uk

Year Established: 2011

Focus: Neonatal, Maternity, and Paediatric Units at NHS Forth Valley in Scotland.

Programs:

- o Funds to provide specialist equipment such as the Vivid S5 Scanner (£ 35,000), the AcuVein infant vein detector (£ 3,500), great milk warmers, cool cots, special incubators, and Zaky hands.
- o Knitting group who knit tiny hats and cardigans for premature and sick babies.

- o Host a number of social events to bring parents and premature babies/children together to share experiences and offer support to each other.
- o “SP Kids” program to provide medical equipment for the Paediatric Ward as well as facilities to help support children continue learning while in the hospital.
- o Provide IT equipment to the Maternity & Labor ward to enable rapid transfer of vital statistics and then, treatment.

EVENT: the SP Ball, a 007 Themed Ball being held at Airth Castle Hotel with great entertainment. Check the website for details.



PreemieWorld: “Like” Us On Facebook & You Could Win!



“Like” our FB page from 6/2/15 to 6/26/15 and you could win a copy of the award-winning *little man* DVD from PreemieWorld!

<http://bit.ly/FBPreemie>

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

Parents & Professionals:
Subscribe to our FREE newsletters today @ www.PreemieWorld.com



Book: *Your Life After Trauma*

The Details:

Name:

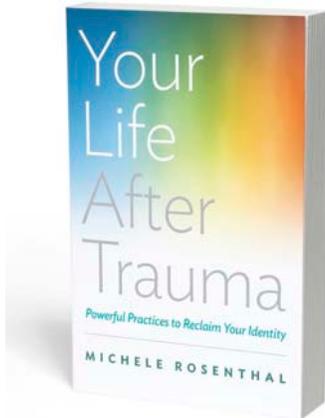
Your Life After Trauma

Author:

Michele Rosenthal

Website:

www.YourLifeAfterTrauma.com



Post-Traumatic Stress Disorder (PTSD) was once focused squarely on those returning from the battlefield. However, we know now that trauma comes in many instances. Parents of preemies are at high risk for PTSD and often suffer in silence.

Rosenthal's book is a powerful way to "reconnect" with oneself due to the life-stopping symptoms of PTSD. Readers will learn about PTSD in personal terms and in scientific terms and then use that along with powerful tools to heal. *Your Life After Trauma* is a must-have for parents of preemies at the NICU discharge.

We are giving away a copy to one of our subscribers! Sign up here: <http://bit.ly/preemie2>

After the NICU: PTSD: Is this YOU?

"I never realized I had Post-Traumatic Stress Disorder (PTSD) during the NICU stay until I got home with my daughter," notes PremieWorld's Deb Discenza. Is this YOU? A quick checklist:

- Sudden flashbacks to the NICU.
- Heightened emotions when talking about the baby's birth and the NICU stay.
- Great anxiety, feeling as if things have been "off" since the birth or even beforehand.
- Constant worrying either about the baby, the baby's future.
- Fears about returning to the NICU for visits, reunions.

Any of these can be an indicator of PTSD. It is worth it to ask for help. Find a social worker, a psychologist to help you through this – now!

Premie Professional Online

[NICU Professionals Group: \(www.Linkedin.com\)](http://www.Linkedin.com)

PREEMIE OUTCOMES: Outcomes of Neonates with birth weight less than or equal to 500g: a 20-year experience.

STUDY: Premature Babies May Survive at 22 Weeks if Treated

[Early Intervention Professionals Group: \(www.Linkedin.com\)](http://www.Linkedin.com)

Tip Back That Tongue – and You Might Just Find the Culprit to Some Feeding Challenges

Learning to Eat with Your SEVEN Senses

Establishing Joint Attention: Therapy for Children who are Not Tuned In

[Premie World \(www.Twitter.com\):](http://www.Twitter.com)

PREEMIE UPDATE: A Boy with 'Superpowers,' - Etienne

[BE THE SMART PRO: Tell Your Families about the "Premie Network" on Inspire.com:](http://www.inspire.com)

Deb Discenza of PremieWorld moderates this FREE global network of *over 22,000* 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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Tip: Mental Health Help is Crucial (Part III)

They say hindsight is 20/20 and that is so true. Deb Discenza, Publisher at PremieWorld, in this third installment, gives insight into what she believes Premie Parents in the NICU right now should know for sure about mental health:

Know that you have been through something extremely traumatic and it is absolutely appropriate to ask for help. Monitor alarms went off as I sat by my daughter's incubator. My hands felt cold and I felt a shudder of fear rise within me. "Help! My daughter's having trouble!" I cried out. But no one was there. And I wasn't there either. I wasn't in the NICU. It was

months after the NICU stay. I was alone in my kitchen after putting my daughter to bed. And yet I could feel the huge anxiety well up within me as if I were back in the unit right then and there.

Asking for help is *crucial* not only for your long-term mental health but also for the future of your child. Research shows that a parents' mental health trouble can translate into challenges for the baby. And yes, Dads can also have Postpartum Depression and PTSD, too. *Take hold of your future. Reach out and call someone for help today.*

#preemieparentpower