



# Preemie Professional

## Preemie Professional

### *Maureen A. Doolan Boyle*

*Executive Director, MOST (Mothers of Supertwins)*



Photo Credit: MOST

**Years in Field:** 25

**Preemie Focus:**

Multiple birth families; perinatal counseling for women in high-risk pregnancies; family-centered care in the NICU; education and advocacy for families of premature infants.

**Web:** [www.MOSTonline.org](http://www.MOSTonline.org)

**Extra:** MOST has just published the latest edition of their *Expecting Multiples* book. Go to the MOST website for more information on where to purchase a copy.

### Professional Tip!

*Play nice in the sandbox.  
Share what you know and  
pay it forward.*

## Advocate: Group Strep B Awareness

Babies born early can often be due to an infection. One such infection is Group Strep B which can affect a baby in utero and for up to 6 months post-birth. Babies can be stillborn, disabled and more due to this very dangerous infection. Help spread the word about Group Strep B Awareness in July so we can educate our community: [www.groupstrepbinternational.org](http://www.groupstrepbinternational.org)

## To Do List



**CONGRATS:** Dinez Esmail is the winner of the *little man* DVD and Robin Kahn is the winner for the set of Tamiko preemie clothes.



Professionals, sign up your organization to receive Preemie Family to distribute to your families: <http://bit.ly/PreemieFam4Pros>



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

### MARK YOUR CALENDAR!



*NMA Annual Convention & Scientific Assembly*  
National Medical Association  
July 27- Aug 1, 2013  
Toronto ON  
[www.nmanet.org](http://www.nmanet.org)

*Nat'l Black Nurses Assoc. Conf.*  
Nat'l Black Nurses Association  
July 31 - August 4, 2013  
New Orleans, LA  
[www.nbna.org](http://www.nbna.org)

*Tools and Resources  
for the Preemie Community*

## Preemie Resource: Giving Back After Having A Preemie

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 "Giving Back After Having a Preemie."** "Preemie parents feel strong need to give back after the NICU," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "This is a great sheet to give parents of ideas of ways to help. Giving back is

cathartic and a healthy way to come back from such a stressful time. And the positive focus also can directly impact that preemie in a variety of ways." 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/PreemieDads> **And check out many more here:** <http://bit.ly/PreemieFreebies>

## Support: NICU Helping Hands



Founded in 2010 by Lisa Grubbs, wife of neonatologist Dr. Randy Grubbs, **NICU Helping Hands** was created to address the support, the emotional care and the ongoing educational needs of families during ante partum care, the NICU and beyond.

The organization has an in-hospital parent support program (Project NICU), a One-on-One National Mentoring Program, a Durable Medical Equipment Rental Program, Bereavement Angel Gowns, NICU Mom CONNECT (post-NICU Moms), a Community Parent Education Series and a Financial Assistance Program.

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

## Org: Parent to Parent USA

*Parent to Parent USA brings together state Parent to Parent programs nationwide under one umbrella to help share best practices, resources and more for the betterment of families in need.*

**Established:**  
2004

**Website:**  
[www.p2pusa.org](http://www.p2pusa.org)

**Focus:**  
To serve families with children of all ages, disabilities, and special healthcare needs.

**Programs:**

- National P2P USA Leadership Institute and other trainings
- Access to a national clearing-house of research and best practices for support.

- Individualized technical assistance and mentoring from P2P USA and other Alliance Members
- Instant networking through the Director's listerv
- Seek help supporting families through the national Matching listerv
- Learn about and join in research opportunities.
- Access information about funding opportunities and even peruse sample grants.



## PreemieWorld: "Like" Us On Facebook & You Could Win!



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

**"Like" our FB page  
from 7/1/13 to 7/24/13  
and you could win a copy of the  
award-winning *little man* DVD  
from PreemieWorld!**

<http://bit.ly/FBPreemie>

*Parents & Professionals:  
Subscribe to our FREE newsletters today @  
[www.PreemieWorld.com](http://www.PreemieWorld.com)*

## Preemie Genius: *Preemie the Explorer*

### The Details:

#### **Item:**

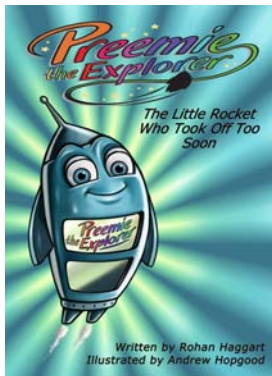
Preemie the Explorer

#### **By:**

Rohan Haggart  
Andrew Hopgood  
(Illustration)

#### **Website:**

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



### The Genius:

This colorful, kid-friendly book is geared toward the school-age set yet could also be a perfect read-aloud book for the NICU and at home. *Preemie the Explorer* has a universal appeal that sends a clear message to remind parents and professionals that preemies may have “launched” early but they can do amazing things.

### CONTEST!

*PreemieWorld and Rohan Haggart have partnered to supply two NICUs with a copy each of the book. The winner will be selected from those NICUs that sign up for our Preemie Family for Pros list 7/1/13 – 7/24/13 at:*  
<http://bit.ly/PreemieFam4Pros>

## After the NICU:

### Having a Nurse in the Home

*Preemies often go home with either a home health nurse visiting regularly or being contracted to work in the home a number of hours per day or week. Some things to think about:*

- Use the nurses’ time to taking a break: sleep, take a shower, eat a hot meal and spend time with the rest of your family.
- Set up clear ground rules with the provider ahead of time regarding your preferences.
- Having someone in your home helping with the baby does not mean they “own” your child. You are always the parent.

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

## Preemie Professional Online

### NICU Professionals Group: ([www.LinkedIN.com](http://www.LinkedIN.com))

“STUDY: Early Neonatal Weight Gain Linked to Children’s IQ – <http://ow.ly/meECS>”

“STUDY: More Evidence Shows Breast-Feeding Helps Babies’ Brains – <http://ow.ly.meE6D>”

### Early Intervention Professionals Group: ([www.LinkedIN.com](http://www.LinkedIN.com))

“Early Intervention: An Occupational Therapist’s Point of View”

“RESEARCH: Kids with Autism May Perceive Movement More Quickly – <http://ow.ly/11FJM>”

### Preemie World ([www.Twitter.com](http://www.Twitter.com)):

“COOL: Blog about Being a NICU Dad from Joel Brens of Papas of Preemies – <http://ow.ly/m7wLI>”

“PREEMIE COOL: Preemie Palooza Event – <http://ow.ly/m7J6B>”

“STUDY: Recession Forced Cutbacks in Care for Special Needs Kids – <http://ow.ly/IK8T6>”

*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](mailto:connect@preemieworld.com)*

### Get "Social" With Us!



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



@ PreemieWorld



- PreemieWorld
- Preemie Parent's Survival Guide to the NICU



PreemieWorld



Check out other LinkedIN groups we moderate:

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


*Tools and Resources for the Preemie Community*




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“Little man” educates NICU professionals



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## Parent Tips for Pros: What is a Newborn Care Specialist or Postpartum Doula?

Many preemie families are juggling so much with their child/ren that they need an extra hand upon discharge time and beyond. That is where a Newborn Care Specialist (NCS) or a Postpartum Doula (PD) can help so we talked to NCS & PD Maryann Kamitian about this specialty.

**Q:** What type of work does each pro do? How are they similar/different?

An NCS will be trained and skilled in all aspects newborn care and will have experience with preemies and other special needs babies. A doula performs much of the same duties as an NCS but includes nurturing of the family to help educate and support

the family so that they will feel confident in caring for their newborn themselves. PDs do not perform medical or clinical procedures.

**Q:** What type of training is involved in each field?

**A:** Newborn Care Specialists have taken classes or attended programs specializing in this field or hold degrees or certifications. Postpartum Doulas have taken specialized training with PD-related organizations. Both should have some form of liability insurance. Always ask for references.

Want to know more? Contact Maryann at: [Mkamitian@aol.com](mailto:Mkamitian@aol.com)