



Preemie Professional

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Kelli D. Kelley

Founder & Executive Director, Hand to Hold



Years in Field: 8

Preemie Focus:

Kelli has a specific interest in raising awareness of the long-term emotional and psychological impact of a NICU stay on families.

Extra: Hand to Hold provides peer to peer support nationwide and also has a new NICU Resource Library that launched earlier this year.

Web: www.HandtoHold.org

Professional Tip!

Peer to Peer support has proven to be a highly effective tool in helping NICU parents cope.

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>

To Do List



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



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!



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

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

Have an event to share? Email us details at connect@preemieworld.com

*Tools and Resources
for the Preemie Community*

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). "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>

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>

Enews: <http://bit.ly/MOSTenews>

For more information go to:
www.mostonline.org

Organization: Feeding Matters

Parents of preemies struggle with their infant/child's feeding issues every day and frequently feel increasingly isolated and ignored in their concerns. Feeding Matters, a national non-profit organization, recognizes this struggle and supports both families and professionals with a variety of programs and most of all - empathy and understanding.

Established:
2006

Website:
www.feedingmatters.org

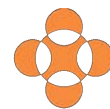
About the Founder:
Feeding Matters Founder, Shannon Goldwater, was a first-time mother of premature triplets, all of who faced pediatric feeding struggles.

Focus:

Providing support to both families and medical professionals who are caring for infants and children with pediatric feeding struggles.

Programs:

- Parent to Parent Support
- Educational videos and seminars
- Online questionnaire to identify potential feeding concerns, learn more at: <http://bit.ly/FeedingQ>



feeding matters

*Conquering pediatric feeding struggles
to nourish healthy futures*

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



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

Preemie Professional Online

NICU Professionals Group: (www.LinkedIN.com)

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

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

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

"Interested in learning more about how to develop play skills in children on the Autism Spectrum?"

"5 Organizational Ideas for Children with Special Needs"

Preemie World (www.Twitter.com):

"Preemie Dad Stories Needed by Papas of Premies - contact papasofpreemies@gmail.com"

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

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.PreemieWorld.com
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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Q& A: What Are Some Common Myths About Having Multiples?

Parents of premies 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