



Preemie Professional

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Judy Meehan



Photo Courtesy of National Health Mothers, Healthy Babies Coalition

Professional Tip!

Visit www.NPIHC.org and subscribe to the Preemie Matters e-newsletter and to access high-quality resources.

Organizations:

National Healthy Mothers, Healthy Babies Coalition
(www.hmhb.org)

National Premature Infant Health Coalition
(www.NPHIC.org)

Years Helping Premies:
15

Preemie Focus:

Judy and her organization assumed management of the National Premature Infant Health Coalition in 2009.

Advocate: World Prematurity Day

November 17, 2012 is World Prematurity Day. Organizations and families world-wide are doing many things to help raise awareness about prematurity. What are you planning to do?

Tell us on our PreemieWorld Facebook page and you could win a copy of the "little man" DVD. To go to our Facebook page simply post it on here - <http://bit.ly/FBPreemie> by 11/26/12

Preemie Resource: "We are Excited" Note for RSV Season

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 "We Are Excited."** "Homecoming is nervewracking enough but trying to educate family and friends on RSV season is tough," comments Deb Discenza, co-founder of PreemieWorld, LLC. "Parents often

worry about how to educate people without being demanding. So we give them a hand with that." 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/WeAreExcited> And check out more like this here: <http://bit.ly/PreemieFreebies>**

To Do List



WINNER - Kim Searcy won a copy of Kasey Mathews' book *Preemie: Lessons in Love, Life & Motherhood* - Congrats Kim!



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!



OK Infant Alliance Toolkit Webinar
Nat. Premature Infant Health Coalition
November 15, 2012
<http://bit.ly/OKIAWebinar>

Neonatal Therapy Teleseminar
Nat. Assoc. of Neonatal Therapists
Date TBA - check website!
<http://www.neonataltherapists.com>

Have an event to share? Email us with the name, date, location and website link at connect@preemieworld.com

*Tools and Resources
for the Preemie Community*

Support: Holding Tiny Hands Org: National Assoc. of Neonatal Therapists



Year Established: 2010

Focus: Provides support services to parents of micro-preemies and infants with chronic health issues who endure lengthy stays in the NICU.

Web: www.HoldingTinyHands.com

Outreach: Regional to Iowa, mainly serving Blank Children's Hospital and Mercy Medical Center.

Programs: Tiny Treasures Gift Bags, "Meals for Moms and Dads," Educational Outreach, Helping Hands Project and Parent Mentoring program (new in 2013).

*Have a support group you want to share?
Contact us! connect@preemieworld.com*

*With over 16 years in the neonatal therapy field, Founder **Sue Ludwig** envisioned a place to bring neonatal therapists together to support them both personally and professionally as they cared for the tiniest of infants.*

Name:
National Association of Neonatal Therapists (NANT)

Founded:
2009

Website:
www.NeonatalTherapists.com

Outreach: International

Focus:
Neonatal OT, PT and SLPs and the premature and medically complex infants they serve.

Programs: NANT hosts an annual national educational conference. This year's event will take place May 2-4, 2013 at the Omni Fort Worth in Texas. Dr. Brene Brown is the keynote speaker. Find out more at www.NANTconference.com

Coming Up: NANT is hosting a neonatal virtual summit (tele-seminar format) in December. This is free for anyone interested in the NICU (parents included). Check the NANT website for more information at www.NeonatalTherapists.com



PreemieWorld: Founder in the Media Advocating for Preemies



*Sign the Premie/RSV Petition at
www.RSVPetition.com
and pass it on!*

PreemieWorld co-Founder Deb Discenza has a soft spot for preemies and their families. She should, she's walked the halls of the NICU and cared for her own daughter born at 30-weeks gestation.

So when the American Academy of Pediatrics changed its guidelines regarding the Synagis injections, she felt compelled to speak out through a petition that has garnered over 3,400 signatures and media interviews regionally and nationally. "My daughter received her injections and did well," notes Discenza. "Shouldn't every preemie get that opportunity? To me, it is wrong to take away this treatment." **Sign the Premie/RSV Petition at www.RSVPetition.com and pass it on!**

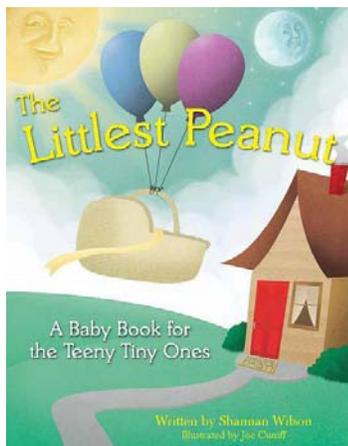
Parents & Professionals: Subscribe to this FREE newsletter today @ www.PreemieWorld.com

Preemie Genius: *The Littlest Peanut*

The Details:

Name: *The Littlest Peanut*
By: Shannan Wilson
<http://www.thelittlestpeanut.com>

Focus: Author Shannan Wilson created this baby book for “the Teeny Tiny Ones” after having two preemies



The Genius:

Preemie parents feel so isolated in the ability to celebrate their baby and the myriad of truly special milestones achieved in the NICU. This book is for parents who want to capture those special moments in a simple, yet elegant way. With soothing illustrations and text that is friendly and respectful of the ups and downs of the NICU rollercoaster, this is a great gift for family and friends looking to do something caring and unique to help the family.

COOL: We have a copy to give away to one lucky new @PreemieWorld Twitter follower that starts following us from 11/1/12 - 11/26/12:
<http://bit.ly/PreemieTweets>

After the NICU: *Juggling Life at Home*

Coming home from the NICU is joyful yet stressful for parents of preemies.

In essence they have traded being at the hospital with bringing the world into their house in the form of visiting nurses, nursing care, medical equipment vendors, therapists and more. Here are a couple of tips to keep sanity and a schedule:

Set Specific Hours. The doctors have set office hours, why not you? Set up chunks of time for these incoming appointments.

Be Firm. It is time to learn the *polite* version of “no” and stick to it. You have done enough working around everyone else. They need to help you for a change. Remember you are your baby’s advocate!

Preemie Professional Online

NICU Professionals Group: www.Linkedin.com

“Over 3,300 Sigs!: Sign the Preemie/RSV Petition at <http://RSVPetition.com> and PASS IT ON “

“ARTICLE: Speedy Gene Testing Could Aid NICU Care - <http://ow.ly/ehOsh> ”

Early Intervention Professionals Group: www.Linkedin.com

“Are You Using Evidence Based Practice When Performing Feeding Evaluations in Early Intervention?”

“Nutrition Tips for Eating on the Go”

Preemie World (www.Twitter.com):

“ARTICLE: Could Hypertension in Pregnancy Harm Child’s Thinking Skills for Decades? - <http://ow.ly/end1B> ”

“Please “like” us - Preemie Parent’s Survival Guide to the NICU - <http://bit.ly/PreemieBook> “

“ARTICLE: Fresh Blood as Good as Older Blood for Preemie Transfusions: Study - <http://ow.ly/ejoZl>”

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

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Parent Tips for Pros: Breastfeeding

NICU professionals know the value of breast milk for premature babies. Yet it is often difficult for mothers to not only attempt breastfeeding but to succeed at it. Here are some tips from "the other side":

Tip #1: Let's work together.

Mothers of premature babies are often isolated and overwhelmed with all of this. Breastfeeding in and of itself seems insurmountable considering all of the equipment, all of the stress and more. Sit down with the mother and let her know that while you are her baby's team you are also *her team*, too. Ask how you can help make breastfeeding happen - then *do it*.

Tip #2: Celebrate the Mom Milestones.

Preemie Moms are caught up in the milestone charts for their babies so why not give them something to aim for as well? Maybe it is pumping breast milk for 20 minutes for the first time. Then for 2 days, then a week, then 2 weeks, then a month, etc. Practicing latching on could be another milestone. Add in drinking a certain goal of water each day and maintaining a healthy diet. The goal is to keep them trying and moving ahead with success along the way. Always focus on the positive with every step.

Have a topic that you'd like covered? Contact us at: connect@preemieworld.com