



# Preemie Professional

## Preemie Professional

*Suzanne Staebler, DNP, APRN, NNP-BC*



*Photo Courtesy of National Association of Neonatal Nurse Practitioners (NANNP)*

### Professional Tip!

*The sooner we can get babies home, the better their outcomes . . . it is our job to be preparing the parents and family for this transition on the day the baby is born, not on the day of discharge.*

### **Organizations:**

Neonatal Nurse Practitioner

Governing Council Chair,  
National Association of  
Neonatal Nurse Practitioners  
([www.NANNP.org](http://www.NANNP.org))

### **Years Helping Premies:**

24

### **Preemie Focus:**

Advocacy focusing on evidence to drive policy decisions and then monitoring those outcomes. Specific interest in the debate on RSV immunoprophylaxis.

## Advocate: the PREEMIE Act

Just after the Thanksgiving holiday the House of Representatives will take up the PREEMIE Act to consider its passage. Please join with the March of Dimes to push this forward by visiting their advocacy page and get this passed. Doing so will help fund more research and further educate women on preterm labor and more. **Go here and PASS IT ON:** <http://bit.ly/PreemieAct>

## Preemie Resource: Holidays with Premies

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 "Holidays with Premies."** "Holidays are very tough on families with premies," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "Whether they are in the NICU or at home on

lockdown it is important to help them find ways to celebrate the season - Preemie Style!" 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/PreemieHolidays> **And check out more like this here:** <http://bit.ly/PreemieFreebies>

## To Do List



**WINNERS:** Tifanee Dayne Charles won *little man* from our FB contest & Rebecca Fortin won *The Littlest Peanut* from our Twitter 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!



*Improving Breastfeeding Success for the Preterm Infant*  
January 11, 2013  
The Lactation Conference  
Atlanta, GA  
[www.thelactationconference.com](http://www.thelactationconference.com)

*Have an event to share?*  
Email us with the name, date, location and website link at [connect@preemieworld.com](mailto:connect@preemieworld.com)

*Tools and Resources  
for the Preemie Community*

## Support: NICUPS



**Year Established:** 1991

**Focus:** Mercy Children's Hospital in St. Louis, MO

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

**Note:** All of the organization's volunteers have had a baby in the NICU.

**Programs:** Letters from Santa program. For a small donation, Santa will send a personalized letter to the children (young and old) in your life! Visit the website and hurry – deadline for 2012 is December 12<sup>th</sup>!

Have a support group you want to share? Contact us! [connect@preemieworld.com](mailto:connect@preemieworld.com)

## Org: Keep Em Cookin

*Angela Davids knows first-hand the fears of a high-risk pregnancy. With multiple risk factors and symptoms she faced the possibility of premature birth. Luckily, she delivered each child full-term. Angela felt a great void in the support arena for high-risk pregnancy Moms. And so Keep Em Cookin was born.*

experiencing a subsequent high-risk pregnancy and women experiencing their first at-risk pregnancy.

**Programs:** A website full of information on preventing preterm birth, a forum where women can access support 24 hours a day and a Live Chat every Tuesday at 2 p.m. Eastern Time. The online forum is at: <http://bit.ly/KECForum> and the live chat is at: <http://bit.ly/KECLiveChat>

**Name:**  
Keep Em Cookin

**Founded:**  
2008

**Website:**  
[www.KeepEmCookin.com](http://www.KeepEmCookin.com)

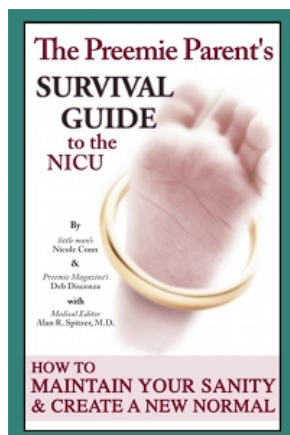
**Outreach:** International

**Focus:**  
Mothers of premies

KeepEmCookin.com  
Prevent Preterm Birth



## PreemieWorld: Preemie Book 15% Off for Limited Time!



### The Premie Parent's Survival Guide to the NICU

**15% off**

11/25/12 -12/17/12

use COUPON CODE: PW15OFF

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

*"... this book should be handed to every parent upon admission to the NICU."  
- Alan Spitzer, M.D., World-Famous Neonatologist*

## Preemie Genius: Ryan Fights the Green Monsters

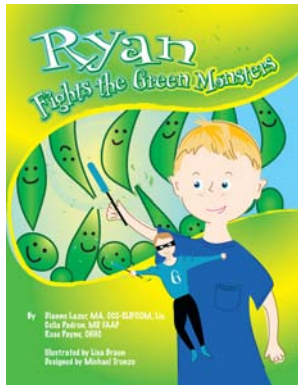
### The Details:

**Name:** *Ryan Fights the Green Monsters*

**By:** Dianne Lazer, MA,  
CCC-SLP/COM, Lic.

Celia Padron, MD,  
FAAP

Rose Payne, CHCC



### The Website:

<http://www.betterspeech.com>

### The Focus:

Teaches kids the difference between eating what is good and what just tastes good.

### The Genius:

The book is perfect for the selective eater in training to eat healthier. It talks about the different food groups and the effects of each on the body as well as telling children about trying new foods and how that can take a number of tries before succeeding. Bonus – there are coloring book pages at the back.

*COOL: We have a copy to give away to one lucky new PreemieWorld Facebook follower that "likes" us from 11/28/12 – 12/31/12:*

<http://bit.ly/FBPreemie>

## After the NICU: Developmental Concerns

Parents of preemies are on a constant conveyor belt of worry about their child's development. Yet so many later preterm infants are not entered into Early Intervention straight from the NICU because of either a lack of need at discharge time or due to state budget cuts. Here are some tips for parents without EI services in place to consider to get help:

**Health Department.** The Health Department is likely to have services in place to help monitor infant development or can refer a parent to another program locally for this type of development.

**EI Evaluations.** At any time a parent feels there is a concern, they should contact Early Intervention for an evaluation. Consider doing this every 6 months – 1 year.

## Preemie Professional Online

### NICU Professionals Group: (www.Linkedin.com)

"Cuddlers in the NICU "

"ARTICLE: Study documents preemies' development in NICU, suggests early intervention – <http://ow.ly/fdZ1k> "

### Early Intervention Professionals Group: (www.Linkedin.com)

"ARTICLE: Infant Massage, healing tool for premature babies – <http://ow.ly/fixeB> "

"It is vital to get both parents onboard before we introduce intervention"

### Preemie World (www.Twitter.com):

"Please LIKE us on Facebook – *The Preemie Parent's Survival Guide to the NICU* – <http://bit.ly/PreemieBook> "

"ARTICLE: Preterm Birth Rate Continues to Drop – <http://ow.ly/fggsK> "

"Special Preemie Post by PPA's Keira Sorrells – 'Healing My Heart, Finding My Why,' – <http://ow.ly/fitp1> "

*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.PremieWorld.com](http://www.PremieWorld.com)  
[www.LittleMantheMovie.com](http://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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## Parent Tips for Pros: Building Parent/Baby Bond

*In the midst of the busy NICU schedules professionals are often at a loss as to how they can help promote a healthy parent/child bond without losing valuable work time. Some tips:*

### Tip #1: Talk, read or sing to the baby.

Parents appreciate any moment they can have with their child to do something “normal” and talking and/or reading is just that – normal. Remind them that these moments do not have to be filled with Shakespeare or some high-end book or song that promotes baby genius. Just the sound of the parent’s voice in person or on tape stimulates that baby and continues that bonding process from the womb.

### Tip #2: Leave “love notes” for the parent.

Parents of preemies often feel extreme isolation, a lack of support from family and friends and more. Give them a little “love” from the baby with some love notes on the incubator when they walk in the door such as: 1) “I love you Mommy/Daddy!” 2) “I am proud of you Mom/Dad!” and 3) How about some Kangaroo Care today, Mom/Dad?”

These types of bonding methods will go a long way to helping that baby stabilize and go home and provide the parents with a stronger, positive outlook. *Have a topic that you’d like covered? Contact us at: [connect@preemieworld.com](mailto:connect@preemieworld.com)*