



# Preemie Professional

## Preemie Professional

### *Jenny McGlothlin, MS, CCC/SLP*



Photo Credit: David Alpuche

**Professional Tip:**  
*Creating a positive feeding relationship is the crucial first step when caring for premature babies.*

**Organization:**  
UT Dallas Callier Center for Communication Disorders

**Unit/Branch:**  
STEPS Feeding Program

**Years Helping Premies:**  
15

**Focus:**  
McGlothlin has a special interest in evaluating and treating recently discharged premature infants for feeding problems as well as toddlers who are ex-preemies.

**COOL:** She is the co-author of the book *we review on p. 3!*

## Advocate: World Braille Day

The 4<sup>th</sup> of January 2016 is World Braille Day due to it being the birthday of Louis Braille who invented this code in 1821. In our community of preemie parents we have many families affected by blindness due to Retinopathy of Prematurity (ROP). Braille is used worldwide. To learn more about the individual behind it, go here to find out more: <http://bit.ly/BrailleDay>

## Preemie Resource: Feeding & Swallowing Disorders

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 "Feeding & Swallowing Disorders."** "Feeding is one of the issues I hear about consistently," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "In the NICU parents are excited to see their baby be

able to eat by tube, by bottle or by breast. But the reality is that many of these kids have ongoing feeding issues." 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/FeedingIssues> And **check out many more here:** <http://bit.ly/PreemieFreebies>

## To Do List



**CONGRATS:** [Sheri Ricciardo](#) won the Deanna Fei Book *Girl in Glass* and [Sarah Harris](#) won the *little man* DVD



**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!

*The 32 Annual Conference on Obstetrics, Gynecology, Perinatal Medicine, Neonatology and the Law*  
January 2-6, 2016  
San Juan, Puerto Rico  
[www.chginc.org](http://www.chginc.org)

*Annual Meeting of the Swiss Society of Neonatology*  
January 12, 2016  
Basel, Switzerland  
[www.neonet.ch/en/](http://www.neonet.ch/en/)

Have an event you want to share with our community? Contact us: [connect@preemieworld.com](mailto:connect@preemieworld.com)

*Tools and Resources  
for the Preemie Community*

## Support:

### Today is a Good Day

After having identical twin girls at 23 weeks and 5 days and saying goodbye to one of them 2 weeks later, **Paul & Martha Sharkey** wanted to help families "celebrate the good days."

**Established:** 2014

**Outreach:** Philadelphia area as well as mailing care packages across the country upon request.

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

**Programs:** Care packages including a journal, water bottle, a copy of *On the Night You Were Born*, and "One Day at a Time" bracelets in TIAGD tote bags along with mirrors to NICUs for use during Kangaroo Care sessions.



## Org: The Preemie Project

**The Preemie Project** was born when Founder **Laura Aker**, wanted to use her passion for knitting to help others and found that a local NICU was in need of 900 sets of hats, booties and blankets. TPP grew from there.

**Established:** 2005

**Web Site:** [www.thepreemieproject.com](http://www.thepreemieproject.com)

**Mission:** The Preemie Project seeks to provide comfort and support to critically ill infants and their families in Newborn Intensive Care Units in Iowa. We achieve our mission through the support of a devoted group of local and national volunteers.

### **Programs:**

The Preemie Project currently works on the following projects for Iowa NICUs:

- Hats, Booties and Blankets
- Blanket Sleepers
- NICU Bedding
- Family Support Items
- Bereavement Items
- Memory Boxes



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



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

**"Like" our FB page from 1/5/16 to 1/22/16 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)



## Book: Helping your child with Extreme Picky Eating

### The Details:

#### **By:**

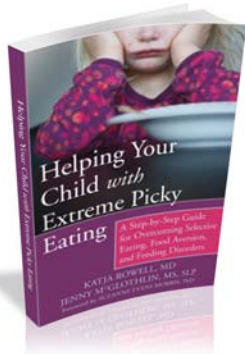
Katja Rowell & Jenny McGlothlin

#### **Available at:**

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

#### **Cost:**

\$16.95



Picky Eaters can often drive parents to distraction with seemingly random and arbitrary eating habits. In this book, Katja Rowell and Jenny McGlothlin outline tips, tools, and coping mechanisms to help parents draw out the food lover that can present itself in any child. While some of the techniques described in the book are novel, there is nothing earth shattering or overly difficult for a frustrated parent to implement. Feeding your child can be overwhelming in many preemie households, and this book offers strategies that can prevent the dinner table from becoming a war zone.

*We're giving away this book! Follow us on Twitter by 1/22/16 to enter: <http://bit.ly/PreemieTweets>*

## After the NICU:

### Preemie Professional Resolutions

*Sometimes resolutions are about your patients, too.*

- Upon greeting a preemie parent, welcome them to the *team* and tell them their input is valuable. You will build instant trust and gratitude for the tough times ahead.
- See a parent doing something fantastic? *Tell him or her in detail.* Praise for parents makes for a happy preemie.
- Take time during team meetings to single out colleagues who have done exceptional jobs recently. It will raise the mood of your team and productivity.

***Tweet Us:** What's your #preemienewyear moment?*

## Preemie Professional Online

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

MN STUDY: Hospital Ventilator Noise Puts Preemie Hearing at Risk

RESEARCH: Reducing the Stress on Premies

THOUGHTS: Nurses' Work Environment Affects Rates of Babies Discharged from NICU on Breast milk

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

Deep Pressure Sensory Intervention Functions as Positive Reinforcement

Babies Language Development

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

PREEMIE UPDATE: Avery, Lily & Zoe

STUDY: Premature Babies in Intensive Care at Risk from Tobacco Toxins Brought in on the Clothes & Skin

### BE THE SMART PRO: Tell Your Families about the "Preemie Network" on Inspire.com:

Deb Discenza of PreemieWorld moderates this FREE global network of *over 24,000 parents* from NICU to home to school. [www.inspire.com/preemie](http://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](mailto:connect@preemieworld.com)*

### Get "Social" With Us!



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



@ PreemieWorld



1. PreemieWorld
2. Preemie Parent's Survival Guide to the NICU



PreemieWorld



Check out other LinkedIN groups we moderate:

1. NICU Professionals
2. Early Intervention Professionals
3. Preemie Parent Support Group Leaders
4. Preemie Parents
5. Little Man the Movie

*Tools and Resources for the Preemie Community*



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## Preemie Parent Words: 12 Years to Get Through Feeding Challenges

**Deb Discenza** *provides personal wisdom regarding feeding therapy to parents and professionals.*

As I write this column, my daughter is a little over 12 years old and *finally* eating a proper diet. It didn't happen without a lot of work on part of my daughter, my husband and myself not to mention the feeding therapists. The last 12 years were spent struggling with textures, sensory issues, developmental delays, developmental diagnoses and more. We had Early Intervention involved, then ChildFind Preschool, then Special Education. Our pediatrician didn't have the knowledge to know more than to weigh her and chart her growth curve, so I was on my own. I, like so many

preemie parents have struggled to get things righted yet had no back-up, no support. In my mind it shouldn't have taken 12 years to get to this point.

*To Parents:* Never, *ever* think that feeding issues are no big deal. If the pediatrician or other specialists cannot give you a proper idea of what to do, contact [www.FeedingMatters.org](http://www.FeedingMatters.org) - *now*.

*To Professionals:* If you don't know enough about feeding issues, say so, but suggest to the parent that they reach out to a specialist for guidance. Feeding Matters (link above), is a resource that I highly recommend for both parents and professionals.