



# Preemie Professional

## Preemie Professional

*Marina V. Boykova, PhD*



Photo Credit: Marina Boykova PhD

**Professional Tip:**  
*The best results of your work will occur when you trust parents.*

**Organizations:**

Council of International Neonatal Nurses (COINN)

**Years in the Field:**

26

**Focus:**

Understanding and measuring the complex multidimensional phenomenon of transition from hospital to home in parents of preterm infants in order to improve healthcare provision and to prevent unhealthy outcomes.

**Organizational Website:**

[www.coinnurses.org](http://www.coinnurses.org)

## Advocate: Int'l Group B Strep Awareness Month

Many preemies are born due to a variety of infections. Awareness is key for parents to be in order to protect their baby in utero and in the days, weeks and months after birth. With this in mind, **July is International Group B Strep Awareness Month.** Learn more from **Group B Strep International** here: <http://www.groupbstrepinternational.org>.

## Preemie Resource: Preemie Tough

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 a preemie symbol: Preemie Tough.** "Parents consistently refer to their preemies as amazing fighters so we created a logo with a theme that encompasses that in a fun and friendly way,"

notes PreemieWorld's Deb Discenza. "This logo is a perfect item for both family members and professionals to use on their social networks and blogs as a uniting symbol as we celebrate these resilient beings."

**Download it here:** <http://bit.ly/PreemieTough>

## To Do List



**CONGRATS:** [Rachel Deutsch](#) has won Michele Rosenthal's book *Your Life After Trauma* and [Sarah Edney-Dutton](#) wins a copy of the DVD *little man*



**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!**



*Feeding Therapy 1: It's Not Just About Swallowing*  
CIAO Seminars  
July 17, 2015  
San Antonio, TX  
[www.CIAOSeminars.com](http://www.CIAOSeminars.com)

*Feeding Therapy 2: Case Studies and Problem Solving*  
CIAO Seminars  
July 18, 2015  
Orlando, FL  
[www.CIAOSeminars.com](http://www.CIAOSeminars.com)

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

*Tools and Resources  
for the Preemie Community*

Support: *Tiny Beating Hearts*



After giving birth to a 25-week baby girl in 2009, Petra Akinti Onyegbule saw an abundance of preemie stories in western countries but not in Nigeria. From there the *Tiny Beating Hearts Initiative* was born.

**Year Established:** 2013

**Outreach:** Nigeria

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

**Programs:** Designing a grass roots advocacy program on healthy pregnancies with the objective of reducing preterm birth. Our focus groups are women (and men) in rural areas.

Org: *Kindness Matters, Inc.*

*Bullying is the fear of every parent, preemie or not. Jacki James worked hard to help her 13-year old son, Peyton (a former preemie), manage endless teasing about his differences at school. In October 2014, he took his own life. His mother Jacki created Kindness Matters in his memory to create an alternative to anti-bullying campaigns to one of "pro-kindness."*

**Website:** [www.Kindness-Matters.org](http://www.Kindness-Matters.org)

**Year Established:** 2014

**Focus:** Pre-teens to teens but any age is appropriate.

**Programs:**

- o Weekly Kindness Challenges that provide an easy, specific task to show or spread kindness that week. These

are aimed to be doable by all people of any age.

- o Jacki provides *Kindness Matters* presentations to schools and other groups to promote an environment of kindness within lives of young people.

- o *Kindness Matters* t-shirts and wristbands on sale on the website. All proceeds benefit the Peyton A. James Memorial Scholarship at the Texas A&M University Department of Veterinary Medicine (Peyton always wanted to be a vet).



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



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

**"Like" our FB page from 6/30/15 to 7/26/15 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)



## Miracle Baby Shirts

### The Details:

#### **Name:**

Tink and Key

#### **Website:**

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



Parents of preemies are proud of their “miracle” babies so why not say so with a shirt?

Tink & Key, a website born out of a NICU Mom’s interest to celebrate miracles, has a full line of tees, onesies and more with a variety of sayings and each with great style. Each item is made with American Apparel Clothing (sweat-shop free).

In the spirit of giving back, the company also features an organization each month to which they donate 10% of the profits.

*NICUs, we are picking one Premie Family “professional” subscriber to receive two infant-sized shirts. Not yet a subscriber? Sign up by 7/26/15: <http://bit.ly/PremieFam4Pros>*

## After the NICU: To Tell or Not to Tell?

*It’s the big question as preemies grow up and head into the school years. Do you tell the team or see how your child does? Pros and cons:*

- **Pro:** Teachers can keep an eye on your child.
- **Con:** You may feel that your child is being labeled.
- **Pro:** Informed, the teacher could be quick to bring up any concerns so as to be proactive.
- **Con:** The teacher is assuming the worst about your child based on birth history.

*Our suggestion?* Go meet with the school’s administrator or principal before enrollment and discuss it *off-record*. That way you can ask questions about assessments, services and more that might be available to your child.

## Premie Professional Online

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

STUDY: Risk Factors for Bronchiolitis Hospitalization in Preterm Newborns

STUDY: D & C Procedures May Raise Risk of Preterm Birth

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

What should every parent know about teething and drooling?

Tethered Oral Tissue: What is That?

S.I.T.! Feeding Your Child Using Stability and Independence at the Table

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

PREEMIE UPDATE: “Fighter” Caleb!

STUDY: Extreme Premie Infants at No Higher Risk if Included in Clinical Trials

### BE THE SMART PRO: Tell Your Families about the “Premie Network” on Inspire.com:

Deb Discenza of PremieWorld moderates this FREE global network of *over 22,000* 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

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for the Preemie Community*



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## Tip: Premies Are Tough (Part IV)

*They say hindsight is 20/20 and that is so true. Deb Discenza, Publisher at PreemieWorld, in this fourth installment, gives insight into what she believes Premie Parents in the NICU right now should know for sure about preemie resiliency:*

*Day in and day out you are getting news that makes you nervous about your baby's outcome but make sure to remember that your preemie is resilient.*

Premies go through a rollercoaster of health issues in a matter of months, weeks, days and yes, hours and minutes. It is enough to give a parent a nervous breakdown watching one's own child go through

challenge after challenge medically and wonder how they will survive and hopefully, thrive.

Born small, premies are quite resilient, much like their parent. Take a deep breath in and let it slowly out. Your baby may be having trouble today but look back at how far he/she has come and this hindsight view might give you a new perspective.

Premies are Tough. Download our Preemie Tough logo and share it on your blog and social networks: <http://bit.ly/PreemieTough>

#preemietough