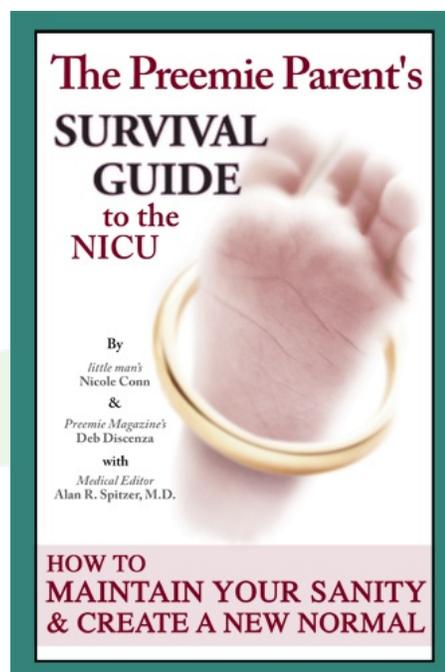


The Top 10 Things Preemie Parents Need to Know Right Now

From the authors of
The Preemie Parent's Survival Guide to the NICU
(available to buy @ www.PreemieWorld.com)

1. **Yes, the NICU is like Science Fiction.** Isolettes that look like pods, wires everywhere, beeping machines. And you. Welcome to the NICU, we'd be happy to show you around.
2. **Yes, the words "Preemie Parent" and "NICU" do go together.** Indeed, there is a lot going on with your baby but there is *much* you can do to help your baby. Ask, ask and ask some more!
3. **Dr. Who? Nurse Who?** Was that a Neonatologist or a Respiratory Therapist? Your baby has a team, one that you should get acquainted with ASAP.
4. **Emotional Wreck or Smiling Mom?** All are correct. Its okay to freak out one minute and be calm the next. We refer to this as the "new" normal as we have been there, done that, got the t-shirt. You are stronger than you know and we'll help you through it.
5. **Life Continues On.** You are floored that the outside world continues to exist and even flow as if nothing is going on. And people expect things from you. Let's talk about handling life outside the NICU and setting expectations and limits.
6. **Discharge Day - Congrats!** Freaked out? Sure! Again, another new normal and make sure to make it special for you, the baby, and the family.
7. **Life is Busy Post-NICU.** How do you keep feedings straight, set up appointments and handle medical equipment vendors? Oh yeah, and sleep? With a little organization and some charts you can keep on top of life at home.
8. **The HUGE Bill - Insurance, Medicaid and More.** It is a maze but you are not alone. There are resources to help you as you handle the NICU bills, post-NICU bills, prescriptions and more.
9. **Will My Next Baby Be a Preemie?** You just had a preemie and you are wondering will this happen again with another pregnancy. It's a common question and you are smart to research this beforehand.
10. **Preemie Parents Tell All.** Once you get a preemie parent talking they just won't shut up! Words of wisdom from other parents who have "been there."



Visit www.PreemieWorld.com for more great tools!
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