



Preemie Family

Preemie Life

Jack Ryan Lesoine



Photo Credit: Heather Lesoine

Gestational Age:

28 weeks, 5 days

Weight:

2 lbs. 1 oz. (938 grams)

Days in the NICU:

112 days

Proudest Moment (NICU):

I did Kangaroo Care so often, they called me "Madame Kangaroo." The neonatologist said, "That's where *all* our babies should be."

Coming Soon!:

Check www.PreemieWorld.com for an update on Jack now!

Parent Tip:

Don't be afraid to speak up, ask questions, and advocate for your baby.

Advocate: RSV

RSV season is in full swing and we are hearing about infections being on the upswing in our community. Yet the American Academy of Pediatrics' remains silent as its current RSV guidelines reduce access to care for many preemie families. Take a moment to join the 3,800+ people who have already signed and passed on our petition: www.RSVPetition.com

To Do List



What are you doing for Parents of Premies Day coming up on March 10, 2013? Check out more at www.ParentsofPremiesDay.org



CONGRATS to [Andrea Godwin](#), winner of the *little man* DVD and [Amanada Gilmore](#) winner of a shirt from www.ItsAPremieThing.com



Download PreemieWorld's FREE tools <http://bit.ly/PremieFreebies> to use and to pass onto others.



MARK YOUR CALENDAR!

Premie Posse & Austin Marathon
Hand to Hold
February 17, 2013
Austin, TX
<http://bit.ly/PremiePosse>

10th Annual Young Child Expo & Conference
April 17-19, 2013
New York, NY
www.YoungChildExpo.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*

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/PremieFreebies>

Term: BreastfeedingSupport: Project Sweet Peas**Breastfeeding:**

Breastmilk is one of the best possible medicines for your baby. It provides protections from all sorts of illnesses that formula can't, and helps in areas such as brain development and reducing infection. We cannot stress enough the importance of breastfeeding your baby or pumping breast milk and leaving it with the nurses. This is one of the main ways in which you can help your baby.

**The Real Deal on Breast-**

feeding: Breastfeeding is not as easy as it looks! Breastfeeding takes some training and the help of a **Lactation Consultant** in the NICU, so don't be afraid to ask for help.

Pumping Breast Milk:

Pumping breast milk is another great way to help your baby, especially prior to attempting breastfeeding and beyond. Ask a **Lactation Consultant** to teach you how to use the breast pump in the hospital and, if possible, how to rent one. Hospital-grade pumps are the best.

This excerpt is from
The Premie Parent's Guide to Survival to the NICU on sale at
www.PremieWorld.com

**Year Established:**

2009

Focus:

NICU and loss families nationwide

Web:www.ProjectSweetPeas.com**Note:**

Project Sweet Peas was founded by three moms who had children in the NICU.

Programs:

Care packages that meet the needs of different situations of NICU families: Basic ICU, Long-Term ICU, Angel, Holiday, Sibling and Specific Hospital Needs.

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

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

**"Like" our page
from 2/1/13 to 2/25/13
and you could win a copy of the
award-winning *little man* DVD
from PreemieWorld!**

PreemieWorld's page is here:

<http://bit.ly/FBPreemie>

Preemie Genius: *Born So Soon*

The Details:

Name: *Born So Soon*

By: Rosetta Howard

Est: 2011

The Website:

www.ParentGroupFacilitators.com



The Genius:

Rosetta Howard puts into eloquent words the rollercoaster experience of the NICU and the single parenting of a micro-preemie. Her ultimate partner in this journey included family and friends and God. Religious or not, readers will understand and relate to Howard's need for faith in however that is manifested in oneself, in a professional, and or in a deity. Micropreemie parents are sure to find this book as a way to work through the NICU emotions and move forward as Ms. Howard has successfully done.

COOL: Subscribe to *Preemie Family* or *Preemie Professional* 2/1/13 - 2/25/13 and you could win a copy of "Born So Soon"

After the NICU: *Researching Feeding Clinics*

Preemies sometimes need help with feeding issues beyond the NICU days. Feeding clinics can be helpful and here are some questions you should ask:

- Is your program sensory based or behaviorally-based (i.e. force feeding)? One on one or group?
- What types of tools do you use in your program?
- What types of therapeutic approaches do you use?
- What is your success rate with premature infants on a feeding tube? Not on a feeding tube?
- How does your clinic define "success"?
- Do you take insurance and/or Medicaid?
- Ask for 3 references of successful "graduates" from their program.

Have a topic for After the NICU? Send it into us at connect@preemieworld.com

Preemie Support Online

On the Preemie Support Forum on INSPIRE:

Want to connect with over 13,000 other parents of preemies online? Check out the www.Inspire.com Preemie Support forum. It is the largest and most active forum online and *moderated by PreemieWorld's own Deb Discenza*. The forum has "rooms" that range from "In the NICU" to "Going Home and Family" to "Growing Up and Education" and more. Check out some of our topics:

"Where are you at in the Preemie Journey?"

"How have you weathered this Flu/RSV season?"

"So frustrated with feeding!"

On PreemieWorld's Twitter Page:

"PREEMIE UPDATE: Learn about Amazing Alejandro and see how he is doing now - <http://bit.ly/PreemieAlejandro>"

On PreemieWorld's Facebook Page:

"PREEMIE PARENTS: Check out Papas of Preemies' 'I Choose Hope' program launching today - <http://bit.ly/IChooseHope>"

On PreemieWorld's LinkedIN Group:

"PERFECT RSV & PREEMIE POST: A Letter from Preemie Families - <http://ow.ly/gyoK8> Pin, post it & pass it on."

Get "Social" With Us!



www.PremieWorld.com
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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"Little man" is every preemie parent's story



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connect@preemieworld.com*

Q&A with Esther A.L. Verbovsky M.A. CCC-SLP: Feeding Programs

Q: *What types of feeding clinics are available?*

A: There are different programs depending on who you go to – a psychologist, a speech therapist, an occupational therapist or even a behavioral specialist. Some are one-on-one while others are group-based. Depending on the issues at hand it can be a sensory-based program with a behavioral component or one that is more intense and hospital-based (the hospital does all feedings).

Q: *What programs do you find most successful?*

A: I find that the the sensory-based programs for children that are on the autism spectrum works best. The force-feeding programs may work for some but

not for others. It is a matter of figuring out your child's individual needs and matching that with the right type of program. That is why there are so many types of feeding programs out there.

Q: *What do you recommend to a family researching a feeding program for their child?*

A: Know your child and what type of setting he/she best thrives. Also ask a lot of questions and request references. Talk to other parents in support groups for suggestions as well.

Esther can be reached at the Cleveland Feeding & Swallowing Center at www.ClevelandSwallowingCenter.org