



Preemie Family

Preemie Life

Sofia Angelina Vercesi



Photo Credit: My Bubble Wrap Girl:
Sofia's Story by Becky Meechan

Gest. Age:
24 weeks and 5 days

Weight: 1 lbs. 8 oz.

Time In NICU: 134 Days

Proudest Moment (NICU):
The very first time I held Sofia when she was just two weeks old.

COOL:
Becky's book on sale now:
<http://bit.ly/SofiasStory>

Coming Soon: Check
www.PreemieWorld.com for Sofia's
journey from preemie to now!

Parent Tip:

Never ignore your parental instincts. You know your baby better than anyone.

Advocate: Developmental Disabilities Month

Preemies are at high-risk for a variety of developmental disabilities and parents need resources to be their best advocates. With that in mind March 2014 is **Developmental Disabilities Awareness Month**. Learn more about this special month as well as finding a solid resource at the **Special Needs Alliance**:
<http://www.SpecialNeedsAlliance.org>

Preemie Resource: Music Therapy

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 provides resources for "Music Therapy."** "Music has so many benefits for preemies," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "Yet it is crucial for parents and professionals to understand

the type of music needed and how to best use it to the benefit of these babies/children for the short-term and the long-term." Parents and professionals alike will appreciate this freebie in that it is easy to print and reproduce. **Download it here now:** <http://bit.ly/Music4Preemies> and check out more like this here: <http://bit.ly/PreemieFreebies>

To Do List



CONGRATS: [Emily Patterson](#) is the winner of the preemie rattles pack and [Whitney Harwood](#) is the winner of 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> to use and to pass onto others.



MARK YOUR CALENDAR!

Plunge for Preemies
Project Sweet Peas
March 1, 2014
<http://psplunge.com>

Young Child Conference & Expo
Los Ninos Services
April 23-25, 2014
New York, NY
<http://www.YoungChildExpo.com>

Have an event to share? Email us:
connect@preemieworld.com

*Tools and Resources
for the Preemie Community*

Term: Continuous Positive Airway Pressure (CPAP)

Continuous Positive Airway Pressure (CPAP):

A mask with nasal prongs that fit into your baby's nostrils to aid breathing. The oxygen flows through the cannula with certain levels of pressure to help keep the lung sacs open. This is not the ventilator (which actually breathes for the baby); rather it's a booster that helps the baby to breath on its own. It is also often



the next step in weaning an infant off the ventilator.

Questions to Ask the Doctor:

1. What medical conditions are requiring my baby to be on a CPAP?
2. How long do you estimate my baby will be on a CPAP?
3. What is the process of weaning my baby from the CPAP and what is the next breathing step for him/her?
4. Is there anything I can do to help my child with this?
5. Is there anything else I should know about this?

*This excerpt is from **The Premie Parent's Guide to Survival in the NICU** on sale at www.PremieWorld.com We do bulk orders for hospitals - please contact us at connect@preemieworld.com*

Support:

Life's Little Treasures Foundation



life's little treasures
foundation
Supporting Families of Premature & Sick Babies

Year Established: 2005

Web: www.lifslittletreasures.org.au

Outreach: International

Background: The charity was started in 2005 by parents who had prem babies and realized the importance of support and information for families going through this journey.

Programs: Website and PDF info sheets, iPhone app, hospital survival folder for parents, Books & Bubs Hospital Program, newsletter, education seminars, playgroups, 24-hour support line, parent support network, online community, social activities/events, giving programs for families, involvement in research.

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



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

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from 3/1/14 to 3/24/14
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award-winning *little man* DVD
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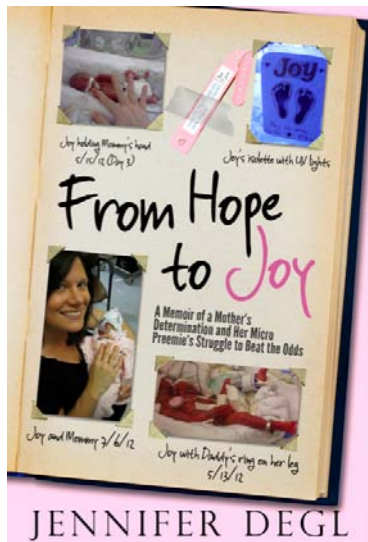
BOOK: *From Hope to Joy*

After the NICU: Music Therapy

The Details:

By:
Jennifer Degl

Website:
<http://bit.ly/Hope2Joy>



The Genius:

As with every premature baby there is a story, a journey to the NICU and beyond. Author and Mom Jennifer Degl brilliantly details the harrowing world of bed rest and one family's desperation to keep their baby girl alive despite the odds. And later, when there isn't any option, baby Joy is born and Degl is honest about the aftermath of her daughter's battle for life but also her own. Weaved within this is Degl's husband's accounts along the way giving a refreshing and often unheard of perspective of the father. This is a *must-read*.

COOL: You could win a copy of this book! Enter for your chance to win by signing up for **Premie Family** at <http://bit.ly/preemie1> or **Premie Professional** at <http://bit.ly/preemie2> from 3/3/14 - 3/24/14.

With 20 years of research behind her Jayne Standley, Ph.D. MT-BC, NICU-MT, cites the ongoing benefits of this therapy:

- Reduced time for infant to become an independent oral feeder
- Improved physiological stability on measures of heart rate, respiration rate and oxygen saturation
- Improved rate of weight gain
- Improved indicators of parent/infant attachment
- Improved emergence of developmental milestones

Contact the folks at the **National Institute for Infant and Child Medical Music Therapy** at www.nicumt.org for more info.

Premie Support Online

On the Premie Support Forum on INSPIRE:

Want to connect with *almost 18,000 other parents of preemies online?* Check out the www.Inspire.com **Premie Support forum**. It is the largest and most active forum online and *moderated by PremieWorld's own Deb Discenza*. The "rooms" range from "In the NICU" to "Going Home and Family" to "Growing Up and Education" along with more in-depth areas such as "Premies with CP," "Premies with Feeding Issues," and "Premie Tips." Check out some of our more recent topics:

"2 year old not gaining enough weight"

"Off the vent"

"Longterm effects of Kangaroo Care"

On PremieWorld's Twitter Page:

"RESEARCH: A Mother's Voice on Special Pacifier Helps Premies Learn to Eat - <http://ow.ly/tPoC7>"

On PremieWorld's Facebook Page:

"Motorists swing into action when preemie goes into crisis on Florida freeway - <http://ow.ly/tRXSz>"

On PremieWorld's LinkedIN Group:

"SICK: Woman Photoshops herself in preemie pics for donations - <http://ow.ly/tPNnUa>"

"COOL: Premie Update on our Premie of the Month - Dylan - <http://bit.ly/PremieDylan>"

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

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Q&A: Music Therapy

Music Therapy has a long and rich history. Music Therapist and Researcher Jayne Standley, Ph.D., MT-BC, NICU-MT (JStandley@music.fsu.edu) at www.NICUMT.org answers our questions.

What is music therapy for a baby in the NICU?

NICU-MTs who are specially trained Board Certified Music Therapists use music to a) reduce infant stress levels and improve behavior state, b) reduce distress following painful stimuli to help the infant return to a sleep state sooner, c) develop the immature neurologic system's tolerance for stimulation and decrease the infant's over-reaction to environmental stimuli, d) promote language development by

providing lullabies in the infant's native language, e) increase parent-infant attachment, f) increase infant socialization and responsiveness to people including head orientation, eye contact, smiling, cooing, and snuggling, and g) help the infant achieve developmental milestones that result in earlier discharge from the NICU. NICU-MTs also assist parents in learning to use music to further their child's development.

What type of music works best?

Sung lullabies in the infant's native language are soothing and promote language development.