



Preemie Family

Preemie Life

Antonia



Photo Credit: Antonia's Dad

Parent Tip:

Do Kangaroo Care as much as possible. It is not only beneficial for your baby but for you, too!

Gestational Age:

29 weeks, 1 days

Weight:

3 lbs. 1 oz.

Days in the NICU:

66 days

Proudest Moment in the NICU:

The day our daughter finished antibiotics for bacterial meningitis and recovered. After she got meningitis, there was a period of time we thought she might not make it.

Advocate: the PREEMIE Act

Just after the Thanksgiving holiday the House of Representatives will take up the PREEMIE Act to consider its passage. Please join with the March of Dimes to push this forward by visiting their advocacy page and get this passed. Doing so will help fund more research and further educate women on preterm labor and more.

Go here and PASS IT ON: <http://bit.ly/PreemieAct>

Preemie Resource: Holidays with Premies

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 "Holidays with Premies."** "Holidays are very tough on families with premies," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "Whether they are in the NICU or at home on

lockdown it is important to help them find ways to celebrate the season - Preemie Style!" 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/PreemieHolidays> **And check out more like this here:** <http://bit.ly/PreemieFreebies>

To Do List



Sending peace to all families in the NICU this holiday season as well as those on RSV lockdown at home. Blessings for a bright new year, too.



WINNERS: Tifanee Dayne Charles won *little man* from our FB contest & Rebecca Fortin won *The Littlest Peanut* from our Twitter contest.



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



MARK YOUR CALENDAR!

The Power to Grow
Graham's Foundation
January 18, 2013
New York, NY
<http://bit.ly/Power2GrowNY>

The Power to Grow
Graham's Foundation
January 31, 2013
Toledo, OH
<http://bit.ly/Power2GrowOHIO>

Have an event to share? Email us with the name, date, location and website link at connect@preemie-world.com

*Tools and Resources
for the Preemie Community*

Term: Patent Ductus Arteriosus (PDA)

Support: NICUPS

Patent Ductus Arteriosus (PDA):

A common heart defect found in Premies. The ductus arteriosus is a temporary fetal blood vessel that hooks up to the pulmonary artery to the aorta. When this does not close at birth or shortly thereafter, the baby has what is known as a PDA. The treatment varies from patient to patient: if the PDA is large, it is much harder on the baby's heart. The usual course for infants is first using a medication known as



Indomethacin. If this does not close the PDA and it's still too large and causing issues for the baby, a common surgical procedure will right this condition. In recent years, the PDA has been a source of controversy, and the value of closing it has been debated a great deal by neonatologists.

Questions to Ask the Doctor:

- How long will the procedure take and how is my child cared for during it?
- What is the recovery time?
- Are there long-term effects?
- Will my child need to take medications afterward?
- What else should I know?

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



Year Established: 1991

Focus: Mercy Children's Hospital in St. Louis, MO

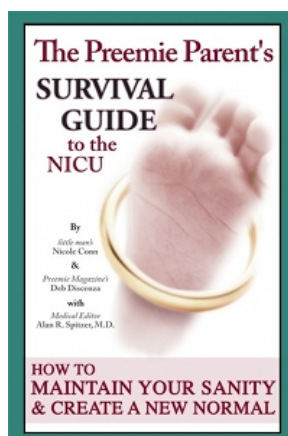
Web: www.MiracleBaby.org

Note: All of the organization's volunteers have had a baby in the NICU.

Programs: Letters from Santa program. For a small donation, Santa will send a personalized letter to the children (young and old) in your life! Visit the website and hurry – deadline for 2012 is December 12th!

Have a support group you want to share? Contact us! connect@preemieworld.com

PreemieWorld: Premie Book 15% Off for Limited Time!



The Premie Parent's Survival Guide to the NICU

15% off

11/25/12 -12/17/12

use COUPON CODE: PW15OFF

www.PremieWorld.com

*"... this book should be handed to every parent upon admission to the NICU."
- Alan Spitzer, M.D., World-Famous Neonatologist*

Preemie Genius: Ryan Fights the Green Monsters

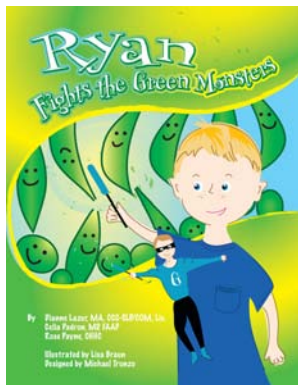
The Details:

Name: *Ryan Fights the Green Monsters*

By: Dianne Lazer, MA,
CCC-SLP/COM, Lic.

Celia Padron, MD,
FAAP

Rose Payne, CHCC



The Website:

<http://www.betterspeech.com>

The Focus:

Teaches kids the difference between eating what is good and what just tastes good.

The Genius:

The book is perfect for the selective eater in training to eat healthier. It talks about the different food groups and the effects of each on the body as well as telling children about trying new foods and how that can take a number of tries before succeeding. Bonus – there are coloring book pages at the back.

COOL: We have a copy to give away to one lucky new PreemieWorld Facebook follower that "likes" us from 11/28/12 – 12/31/12:
<http://bit.ly/FBPreemie>

After the NICU: Developmental Concerns

Parents of preemies are on a constant conveyor belt of worry about their child's development. Yet so many later preterm infants are not entered into Early Intervention straight from the NICU because of either a lack of need at discharge time or due to state budget cuts. Here are some tips for parents without EI services in place to consider to get help:

Health Department. The Health Department is likely to have services in place to help monitor infant development or can refer a parent to another program locally for this type of development.

EI Evaluations. At any time a parent feels there is a concern, they should contact Early Intervention for an evaluation. Consider doing this every 6 months – 1 year.

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:

"Switching Over to Whole Milk"

"My Preemie Story"

"Worried about NEC"

On PreemieWorld's Twitter Page:

"Please LIKE us on Facebook – *The Preemie Parent's Survival Guide to the NICU* –
<http://bit.ly/PreemieBook>

On PreemieWorld's Facebook Page:

"ARTICLE: Study documents preemies' development in NICU, suggests early intervention – <http://ow.ly/fdZ1k> "

On PreemieWorld's LinkedIN Group:

"ARTICLE: Infant Massage, healing tool for premature babies <http://ow.ly/fixeB> "

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

*Tools and Resources
for the Premie Community*



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"Little man" is every preemie parent's story



www.littlemanthemovie.com

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connect@premieworld.com*

Q&A w/ Angela of Keep Em Cookin: Post-Premie Pregnancy

Q: What are the top 2-3 ways to help myself with the next pregnancy?

A: Ask your doctor to monitor the length of your cervix starting at 20 weeks, and ask if progesterone supplementation is a good option for your circumstances.

Q: What advances have been made to help with preventing preterm labor?

A: The biggest advance in preventing preterm birth is the use of progesterone supplementation. Cerclage is also becoming more common as we learn more about insufficient cervix. Also, a tool called CerviLenz can inexpensively monitor a woman's cervix length

without an ultrasound, to assess her risk of delivering early.

Q: What does Keep Em Cookin do and how can it help me with my next pregnancy?

A: Keep Em Cookin provides parents with the most current information about preventing preterm birth, and it provides emotional support through a forum for women experiencing a high-risk pregnancy.

Check out Angela's organization for more information, and a full online forum and a regular Live Chat at www.KeepEmCookin.com