



Preemie Professional

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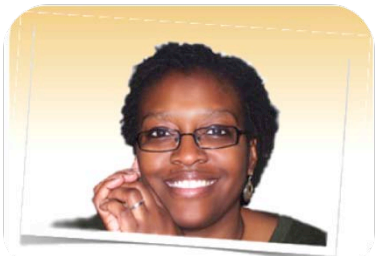


Photo Credit: Jesus Fernandez-Munoz

Professional Tip!

Listen to the parents and think of them as a key team member. They are the experts of their child, you are the expert of your profession and together you come up with what's best for the child.

Organizations:

Families Blossoming, LLC

Expertise:

Life-Coaching for Preemie and Special Needs Parents

Years Helping Premies:

Since 2009

Preemie Focus:

Gigi is passionate about helping preemie and special needs parents reach a point of hope, clarity, direction and optimism for their lives, however this is manifested.

Advocate: World Braille Day

The 4th of January 2013 is World Braille Day due to it being the birthday of Louis Braille who invented this code in 1821. In our community of preemie parents we have many families affected by blindness due to Retinopathy of Prematurity (ROP). Braille is used worldwide. To learn more about the individual behind it go here to find out more: <http://bit.ly/BrailleDay>

Preemie Resource: Positive Preemie Breastfeeding Tips

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 "Positive Preemie Breastfeeding Tips."** "The biggest frustration I hear about from moms is regarding breastfeeding," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "The NICU is so isolating

and moms need to know that it important to ask for help with this and to stick up for themselves and their baby." 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/PreemieBF> **And check out more like this here:** <http://bit.ly/PreemieFreebies>

To Do List



CONGRATS to LAURA EFINGER for winning the latest contest. She will receive the book, *Ryan and the Green Monsters*



Professionals, sign up your organization to receive Preemie Family to distribute to your families: <http://bit.ly/PreemieFam4Pros>



Download PreemieWorld's FREE tools <http://bit.ly/PreemieFreebies> and pass them onto NICU Parents as part of your welcome packet.

MARK YOUR CALENDAR!



Improving Breastfeeding Success for the Preterm Infant
January 11, 2013
The Lactation Conference
Atlanta, GA
www.thelactationconference.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*

Support: TTMF



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

Org: Hydrocephalus Association

Out of a group of parents meeting in San Francisco, the Hydrocephalus Association has not only grown in membership but has also become the largest private funder of research into new treatment options and surgical techniques. The group now has its headquarters in Washington DC in order to pursue advocacy work with Congress and the National Institutes of Health (NIH) while still providing support and resources to individuals and families.

Name: Hydrocephalus Association

Founded: 1983

Website: www.HydroAssoc.org

Outreach: National

Focus: Families of preemies/seniors

Programs:

- The organization hosts an annual walk season that goes from mid-August to mid-November around the country (check the website for more detail for your area).
- September is Hydrocephalus Awareness Month.
- In 2013, the organization will celebrate its 30th anniversary.



PreemieWorld: “Like” Us On FaceBook & You Could Win!



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

“Like” our page from 1/3/13 to 1/28/13 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: It's A Preemie Thing

The Details:

Name: It's a Preemie Thing

By: Julie Howard

Est: 2010

The Website:

www.ItsAPreemieThing.com



The Focus:

Shirts for the entire preemie community of babies, toddlers, children and their adult counterparts.

The Genius:

Sassy sayings that help to lighten the preemie experience and bring a community of NICU families together.

Sample Sayings: "02 . . . it's not just for old people," or "Got sanitizer?," or "NICU nurses hold the future in the palm of their hands."



COOL: Subscribe to *Preemie Family* or *Preemie Professional* 1/1- 1/28/13 and you could win a "foot-prints t-shirt (size preemie to 6T) for your child."

After the NICU: Handling Winter Appointments

With RSV terrorizing preemie parents throughout the winter, it makes those all-important doctor and specialist appointments a necessary evil. How does a parent of a preemie cope?

Get A Room! Upon check-in ask if you could be put into an exam room immediately.

Schedule Next Appointments from Home. Avoid getting caught up in the appointment set-up line by leaving directly and calling in later to set up the next visit.

Paying the Co-Pay By Befriending the Office Manager. See if the Office Manager could assist by grabbing your payment from your exam room and maybe he/she will also consider setting up the next appointment too!

Preemie Professional Online

NICU Professionals Group: (www.Linkedin.com)

"COOL: Deb's 'Preemie Pulse' guest post on the 'Preemie Coalition' blog - <http://ow.ly/fYNXf>

"PREEMIE ARTICLE: One Mom's Journey from One of our www.Inspire.com Preemie Support forum Moms - <http://ow.ly/fZl4r> "

Early Intervention Professionals Group: (www.Linkedin.com)

"ARTICLE: Disability expected to rise as more premature babies survive - <http://ow.ly/fYNXf>"

"'Play' is NOT a four-letter word!"

Preemie World (www.Twitter.com):

"PREEMIE REALITY: The Struggles of RSV Season - <http://ow.ly/gd9bs> "

"PREEMIE UPDATE: Read an update on how 29-weeker Antonia is doing now - <http://bit.ly/PreemieAntonia>"

"Keeping Marriage Strong: A Preemie Mom Copes Just After the NICU - <http://ow.ly/g6Z9S> "

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

Get "Social" With Us!



www.PreemieWorld.com
www.LittleMantheMovie.com



@ PreemieWorld



- PreemieWorld
- Preemie Parent's Survival Guide to the NICU



PreemieWorld



Check out other LinkedIN groups we moderate:

- NICU Professionals
- Early Intervention Professionals
- Preemie Parent Support Group Leaders
- Preemie Parents
- Little Man the Movie


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Parent Tips for Pros: *Building Trust with Parents*

One of the bigger challenges for professionals beyond helping the baby is to gain the trust of the parents. Here are some key ideas on how to achieve that:

Tip #1: Empathize with their situation.

You have may seen thousands of preemies in your unit but this is likely the first time these parents have been in an NICU and experienced a medically fragile infant. They see you with fear and angst as they worry about their child's life and the fact that you control that future. When meeting them for the first time, empathize with them and tell them that you are on their baby's and their side.

Tip #2: Provide your background without ego.

Parents don't know you and want to know you can help their child. They are just trying to be good parents. Tell them your background up front and map out your plans for the baby so far. And tell them what they can do to help. After all you and the parents are a team.

Tip #3: Allow for questions – any questions.

The parents did not go into NICU training like you did. They are at a disadvantage. Let them ask any questions without fear. This is a learning process for them on how to help the baby. It will also be a learning process for you in building trust.