



# Preemie Professional

## Preemie Professional

### *Keira Sorrells*

*Founder/Executive Director of the Zoe Rose Memorial Foundation  
Founder/Director of Operations, Preemie Parent Alliance*



*Photo Credit: Naomi Levit Photography*

#### **Organizations:**

- Zoe Rose Memorial Foundation
- Preemie Parent Alliance (PPA)

#### **Preemie Focus:**

*Zoe Rose Memorial Foundation offers access to support and resources for families with premature babies and for those who have lost a baby.*

[www.ZoeRose.org](http://www.ZoeRose.org)

#### **Professional Tip!**

*Perspective is everything – see the baby through the parent's eyes and never underestimate the accuracy of parent intuition.*

PPA a collaborative network of preemie parent-led organizations.

[www.PreemieParentAlliance.org](http://www.PreemieParentAlliance.org)

## 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](http://www.RSVPetition.com)

## 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/PreemieFreebies>

## To Do List



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



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!



*10<sup>th</sup> Annual Young Child Expo & Conference*  
April 17-19, 2013  
New York, NY  
[www.YoungChildExpo.com](http://www.YoungChildExpo.com)

*Have an event to share?  
Email us with the name, date, location and website link at*  
[connect@preemieworld.com](mailto:connect@preemieworld.com)

*Tools and Resources  
for the Preemie Community*

## Support: Project Sweet Peas



**Year Established:**  
2009

**Focus:**  
NICU and loss families nationwide

**Web:**  
[www.ProjectSweetPeas.com](http://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.

## Org: National Lekotek Center

*The National Lekotek Center is proof that parent power can make a positive difference in the lives of children.*

**Founded:**  
1980

**Website:**  
[www.lekotek.org](http://www.lekotek.org)

**Outreach:**  
National

**Overview:**  
Lekotek began when two mothers of children with disabilities in Sweden sought ways to help their children through play. Parents of kids with disabilities and special needs are forever transformed by the power of accessible play through Lekotek.

**Programs:**

- Individual Family Play Sessions
- Toy Lending Libraries
- Play Groups
- Compuplay (computer-based learning)
- Professional Toy Lending
- Training Services (parent and professional)
- [www.AblePlay.org](http://www.AblePlay.org) for ratings and reviews on current toys for children with special needs.
- Toy Industry Consultation & Services



**Lekotek**

A Network of National Affiliates

---

## 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](http://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](mailto:connect@preemieworld.com)*

## Preemie Professional Online

### NICU Professionals Group: ([www.Linkedin.com](http://www.Linkedin.com))

"Preemies Deserve to Breathe: Help Preemies Stay Healthy During RSV Season:  
[www.RSVpetition.com](http://www.RSVpetition.com)"

"ARTICLE: Concern over privacy in neonatal intensive care units - <http://ow.ly/h2z3Q>"

### Early Intervention Professionals Group: ([www.Linkedin.com](http://www.Linkedin.com))

"ARTICLE: Physical therapy helps premature infants thrive - <http://ow.ly/gUgCr>"

"Early Communication Skills Home Program for Parents"

### Preemie World ([www.Twitter.com](http://www.Twitter.com)):

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

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

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

*Check out these groups & more by going to the "Get 'Social' With Us" on page 4 for more info. Have news or research to share with us? [connect@preemieworld.com](mailto:connect@preemieworld.com)*

### Get "Social" With Us!



[www.PreemieWorld.com](http://www.PreemieWorld.com)  
[www.LittleMantheMovie.com](http://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


*Tools and Resources for the Preemie Community*




Prolonged, effective, safe, and hands-free Kangaroo Care sessions. Guaranteed.




[www.nurturedbydesign.com](http://www.nurturedbydesign.com)



"Little man" educates NICU professionals



[www.littlemanthemovie.com](http://www.littlemanthemovie.com)

NICU Hope Beads



COMMEMORATE & SHARE

Your NICU journey through jewelry...

[facebook.com/NICUHopeBeads](http://facebook.com/NICUHopeBeads) | 979.635.0825

*Interested in advertising? Contact us at [connect@preemieworld.com](mailto:connect@preemieworld.com)*

## Parent Tips for Pros: Feeding Concerns Are a Real Stressor

*Professionals often look at the feeding side of preemies as a purely clinical concern to be resolved in order to discharge the baby. But it goes farther than that.*

### Tip #1: Feeding is a Bonding Mechanism.

Whether breastfeeding or bottle feeding, parents view this time as not only nutritional but also familial. Holding, cuddling, eye-to-eye contact, talking and more allows a parent to bond with his/her infant. So when a parent is unable to feed their child in the "normal" way it can be a huge stress. Until a parent can bottle or breastfeed, tell them to, if possible, to talk to and touch their child while tube feeding.

### Tip #2: Kangaroo Care Does Promote Feeding.

A baby that is bonded with its mother through skin-to-skin contact will provide opportunities for natural breastfeeding moments. This is the most natural of clinical moments. Skin-to-skin is medicine for the baby and the mother!

### Tip #3: Parent Stress Can Equal Baby Stress

Notice that a parent's stress often carries over to the baby? Getting a parent to vent his/her stress and "let it out" can bring a different mood to bedside, thereby helping everyone concerned.

*Have a topic that you'd like covered? Contact us at: [connect@preemieworld.com](mailto:connect@preemieworld.com)*