



Preemie Professional

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Photo Credit: Harvard Medical School

Professional Tip!

Detailed observation of the preterm infants' behavior is the key to individualized adaptation of care and environments for improved brain and developmental outcome. Families are essential care team members and the prime nurturers of their infants.

Dr. Als has expertise in the neurodevelopmental assessment and care of preterm and high-risk infants. She is the originator of the Newborn Individualized Developmental Care and Assessment Program (NIDCAP) approach for the care of preterm infants and their families and has investigated its effectiveness in a series of studies involving high and low-risk preterm infants, with follow-up research into school age and adolescence. She has developed and leads an international training effort for professionals in NICU developmental care.

Advocate: Parents of Premies Day

March 10, 2013 is a special day just for parents of premature babies. Hosted by the non-profit Graham's Foundation (www.GrahamsFoundation.org) this day celebrates a unique population of parents who work hard day in and day out to give their child the best chance at success in life. Celebrate by going to www.ParentsofPremiesDay.org today and join in on the fun.

Preemie Resource: Preemie Parent Power

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 "Preemie Parent Power."** "I wrote this back when *The Preemie Parent's Survival Guide* was in its final stages of writing and editing," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "NICU

discharge is a graduation for the baby, but also the parents, too. Giving acknowledgement to their joys and struggles is empowering." 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/ParentPower> **And check out many more here:** <http://bit.ly/PreemieFreebies>

To Do List



CONGRATS to WINNER *Amanda Rawn*, winner of our latest "little man" DVD contest. Congrats Amanda!



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!



Parents of Premies Day
Graham's Foundation
March 10, 2013
www.ParentsofPremiesDay.org

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

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

*Tools and Resources
for the Preemie Community*

Support: Premies Today

Year Established: 2003

Web: www.PremiesToday.org

Focus:

Supporting families affected by prematurity from birth through childhood. Outreach is regional (Washington, DC area) as well as national.

Programs:

Parent-to-Parent program, blog, webinars and list-serve. On 3/10/13, Premies Today will have its 7th NICU Baby Shower. Also in March Premies Today will be sponsoring a webinar on attachment and children born prematurely.

Org: Canadian NICU Support Foundation

It takes a very special person to rise above a tough moment to start something to help others. That was how the Canadian NICU Support Foundation (CNSF) was created.

Founding:

By Callie and Essam Atta after their son was born at 39 weeks without a heartbeat, endured a 32-day stay in the NICU and returned to the hospital for heart surgery.

Website & Blog Pages:

www.cnsf.ca
www.cnsfoundation.blogspot.ca

Mission: To build a national network of families, healthcare providers and researchers to support and encourage NICU families and NICU graduate families.

Programs:

- Blog with tips and personal anecdotes about parenting in the NICU/at home.
- Host family teas
- Publish a monthly newsletter (email subscription and blogged)
- Daily Dose of Hope feature
- Comfort Kits for tertiary new admissions to the NICU
- A Daily Dose of Hope Encouragement Kits
- Coming soon – community play groups!

PreemieWorld: 15% off Special!

In honor of Parents of Premies Day, www.PremieWorld.com is offering a **15% coupon code for use in its store from February 28 – March 31, 2013!**



Visit PremieWorld's Store at www.PremieWorld.com

All Products:

- *The Premie Parent's Survival Guide to the NICU*
- *Premie Tags*
- *PremieWorld Fever Kits*
- *"little man" Documentary for Professionals*

Coupon Code: PREMIEPARENT0313

Parents & Professionals:

Subscribe to our FREE newsletters today @ www.PremieWorld.com

Preemie Genius: PAL® for Premies

The Details:

Name:

Pacifier Activated Lullaby (PAL®)

By:

Powers Device Technologies, Inc.

Est: 2010

The Website:

www.powersdt.com



The Genius:

Based on the research conducted at Florida State University by Jayne Standley, Ph.D. that shows that premature babies increased their sucking rates 2.5 times when exposed to music, the Pacifier Activated Lullaby (PAL®) device was born. It stimulates non-nutritive sucking (NNS) and organized breath-suck-swallow activity through a pressure transducer system that provides individual lullaby/voice feedback to a correct "suck" technique.

COOL: Powers Device Technologies, Inc. has established protocol for conducting a PAL® trial for interested NICUs, training provided by Powers DT.

After the NICU: Emotions

Parents of premies are often at a loss to handle the myriad of emotions during the stay in the NICU and so it gets shoved to the bottom of the mental "to do" list.

Research shows that parents of premies getting emotional support can have a positive effect on their child's development progress.

Consider one of these possibilities:

- Online Groups - Inspire.com has a Preemie Support forum with over 14,000 parents worldwide.
- Local Preemie Support Group - Check out a group here at the Preemie Parent Alliance site: <http://bit.ly/PPAGroups>
- Talk to a Therapist - Find a couple and ask them if they are experienced in PPD or PTSD.

Preemie Professional Online

NICU Professionals Group: (www.Linkedin.com)

"ARTICLE: Plastics Chemical BPA Common in 'Preemie' ICU: Study - <http://ow.ly/i1Ciu> "

"PREEMIE RESEARCH: Weight Gain & Maternal Sounds - <http://ow.ly/>"

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

"Stimulating Language Use Through Family Photo Albums"

"Rhythm as a Healing Element"

"Should Toddlers Use iPads?"

Preemie World (www.Twitter.com):

"AWESOME CNN VIDEO: Preemie Rescue Hug Twin-to-Twin - <http://ow.ly/i2hvs> "

"Only 75 Signatures to go - Have you signed the RSV Petition to help premies? - www.RSVPetition.com "

"SUPER COOL PREEMIE MOMENT: School Raises Almost \$3.5k for Teacher's Premature Baby - <http://ow.ly/hTMmo> "

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


Tools and Resources for the Preemie Community




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Parent Tips for Pros: Celebrate "Parents of Premies Day"

Parents worldwide are eagerly anticipating their own day on March 10, 2013 - Parents of Premies Day (www.ParentsofPremiesDay.org) hosted by Graham's Foundation. Founder Nick Hall gives some tips on how professionals can support this effort.

Nick, what should this day mean to professionals? NICU doctors and nurses can become quite close to the parents of their preemie parents. Parents of Premies Day is a chance for them to show that they have witnessed moms and dads in their NICUs staying strong and hopeful in the face of unimaginable odds.

What can they do to help support this day? NICU professionals, pediatricians and specialists can share information about Parents of Premies Day with the families they work with. Just passing along the website or the Facebook page can show parents how they those moms and dads have been there for their children, through thick and thin. Some NICUs have also bought Proud Preemie Parent gear to give to their parents on March 10th.

