



Preemie Professional

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Dr. Saroj Saigal, MD, FRCP (C), FAAP

Professor Emerita Pediatrics at McMaster University
Pediatrician, Neonatal Follow-Up Program; Book Author of *Preemie Voices*



Photo Credit: Bridget Greer, McMaster University

Professional Tip:

Neonatologists should not just focus on the survival of very premature infants, but also on the quality of life of the survivors.



Preemie Voices Website (with a special video of micro-preemies now in their 30s):

www.saigalpreemievoices.com

Years in the Field: 40 Years

Focus: Long-term follow-up of extremely premature infants from birth into their mid-30s at McMaster University



CONGRATS: Jessica Campbell has won the *little man* DVD and Joyce Agne has won the *Preemie Voices* book by Saroj Saigal, MD



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> and pass them onto NICU Parents as part of your welcome packet.

MARK YOUR CALENDAR!



12th Nat'l Adv. Practice Neonatal Nurses Conference
Academy of Neonatal Nursing
March 11-14, 2015
Chicago, IL
<http://bit.ly/1ztnADj>

The Young Child Expo & Conf 2015
Los Ninos Training
April 22-24, 2015
New York, NY
www.youngchildexpo.com

Have an event you want to share with our community? Contact us at:
connect@preemieworld.com

**Tools and Resources
for the Preemie Community**

Advocate: U.S. Nat'l Cerebral Palsy Awareness Day

Many preemies in our community have Cerebral Palsy and continue to show the public their amazing capabilities despite having CP. **March 25, 2015** is **National Cerebral Palsy Awareness Day** in the United States. Learn more, and get great knowledge, resources and information at the **Where There's Hope** website: www.cpinfo.org

Preemie Resource: Financial Resources

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 "Financial Resources." "Having a preemie can create an instant financial hardship for families," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "We created this

freebie to pull the basics of financial assistance together in one place so they can better focus on the baby. Every little bit can be helpful in this situation." Parents and professionals alike will appreciate this freebie in that it is easy to print and reproduce.

Download it here: <http://preemie.us/preemoney> and check others here: <http://bit.ly/PreemieFreebies>

Support:

Our Premature Children Foundation



Started by three mothers of five babies born prematurely, this organization supports Bulgarian preemie parents and their babies.

Year Established: 2012

Outreach: Bulgaria

Web: www.premature-bg.com

Programs: Support families, provide information and help with communication between the family and the hospital, doctors, etc.

Cool: The organization had a prematurity awareness campaign May-July 2014 with the slogan "The biggest heroes are the youngest ones."

From one family's struggle to maintain a connection to their child 75 miles away in a NICU, a foundation is formed to help others in the same plight.

Website:
www.caidenshope.org

Year Established: 2010

Outreach: National

Focus: Parents with a child hospitalized in the NICU/PICU

Background: Following Caiden Call's birth in Ventura, California, he was transferred to the Mattel Children's Hospital in Los Angeles. Once admitted, his mother Jennifer was forced to find emergency hotel accommodations while his father Chris and grandparents Eddie

and Terry Call commuted to the hospital as often as possible. During the two-month stay, the Calls witnessed other families desperately struggling for a place to sleep, with one young couple staying overnight in unused hospital offices each night.

Programs:

The organization works directly with hospital social services to "families living in the NICU" with travel support in the form of gasoline, hotel accommodations, bus and rail accommodations, parking and food expenses.



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



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

"Like" our FB page from 3/3/15 to 3/26/15 and you could win a copy of the award-winning *little man* DVD from PreemieWorld!

<http://bit.ly/FBPreemie>

Parents & Professionals:
Subscribe to our FREE newsletters today @ www.PreemieWorld.com

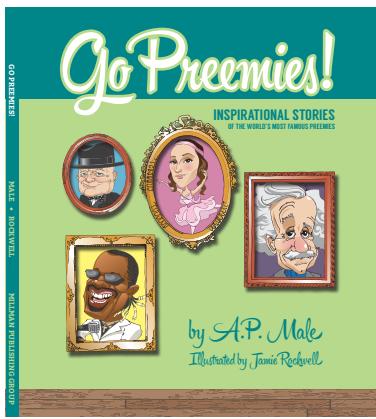


The Details:

Written By:
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Written By:
Jamie Rockwell

Website:
www.gopremies.com



Book: Go Preemies!

Go Preemies is the book every parent will want to have on hand for a long, long time as its highlighting of famous preemies succeeding despite the odds will resonate for a lifetime.

In the NICU, this book is a wonderful way to stimulate preemies with Mom and Dad's voice while also giving Mom and Dad hope. At home, it continues to inspire families ongoing and especially so as the preemie him or herself slowly learns the story of his/her birth. And the playful illustrations serve to keep the tone positive and hopeful for all concerned.

COOL: We're giving away a copy of this very book to one new PreemieWorld Twitter follower 3/3/15 - 3/26/15 - www.twitter.com/premieworld

Preemie Professional Online

NICU Professionals Group: (www.LinkedIN.com)

RESEARCH: Babies' Genes May Hold Clues to Preterm Birth

ARTICLE: Inside the stressful world of a preemie Mom

LOVE: The Amazing Preemie Sophia

STUDY: Could Premature Birth Affect Adult Relationships, Self-Esteem?

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

Everyday activities for autism learners

Toilet training tips via AOTA

After the NICU:

Tips for Working through the NICU Coverage & Insurance

Those Explanation of Benefits (EOB) and bills are coming in, huh? Tips:

- Review every bill in detail. It is common to be overbilled for things with an extended hospitalization. Contact insurance immediately and keep records of these calls and organize the EOBS and more into a binder. It will come in handy often, especially in the below tip.
- Insurance being difficult about coverage? Contact your state's Bureau of Insurance. This is the regulatory body for insurance. File a complaint and provide them with materials from your binder, especially your call log. This can make a huge difference.
- Persistence is key. Don't give up.

Preemie World (www.Twitter.com):

RESEARCH: Preemies & Mom's "Twinkle Twinkle Power"

LOVE: The Amazing Preemie Sophia

BE THE SMART PRO: Tell Your Families about the "Preemie Network" on Inspire.com:

Deb Disenza of PreemieWorld moderates this FREE global network of over 21,000 parents from NICU to home to school. www.inspire.com/preemie

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@premieworld.com

Get "Social" With Us!



www.PreemieWorld.com
www.LittleMantheMovie.com



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- [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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Q & A: The Measles Epidemic and Preemies – What to Do?

With the recent measles outbreak in the United States, many a preemie parent is nervous as to how to handle this. We asked Pediatrician and Author Laura Jana, MD (www.DrLauraJana.com) for her thoughts.

What should parents know about this situation?

This epidemic is a scary reminder of just how valuable vaccines are for keeping our babies healthy. Not only is infection with the measles virus capable of putting pregnant women at increased risk for premature delivery, but also premature infants in general have long been known to be at increased risk of vaccine preventable infections (most notably pertussis, influenza and pneumococcal infections).

Parents should coordinate with their baby's pediatrician for timely vaccination. In light of the increased exposure right now, parents should inquire how soon young infants could get protected.

This means that the rest of us need to do our part as well, which includes making sure older children and adults don't forgo protective vaccination so as to protect our youngest and most vulnerable citizens. The typical recommendation for MMR (measles mumps rubella) vaccination is to get two doses, with the first given sometime between 12 and 15 months of age and the second dose between four and six years of age (but could be earlier than that).