



# Preemie Professional

## Preemie Professional

**Lisa Grubbs**

Founder & President  
NICU Helping Hands



Photo Credit: Tina Howard with Fall Meadow Photography

**Years in Field:** 4

**Preemie Focus:** Provide comprehensive parent support and education to families with premature infants.

**Check Out:**

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

**NHH on CNN:**

<http://ow.ly/v8fGZ>

### Professional Tip!

*The impact you have on the life of a preemie parent can change the emotional health of the entire family.*



## Advocate: Parents of Premies Day

Parents of Premies go above the call of duty when helping their little ones. With that in mind May 4, 2014 is **Parents of Premies Day**. Learn more about this special day get a logo to show off on your Facebook, Twitter and Pinterest pages and more by going to the Graham's Foundation's Parents of Premies Day page here: [www.ParentsofPremiesDay.org](http://www.ParentsofPremiesDay.org)

## Preemie Freebie: Preemie Mother's Day Note

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 a special note, "Preemie Mother's Day Note."** "Mother's Day in the NICU is tough," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "so we thought a note to the mother from the baby

would be an ideal way to help celebrate the day in a very special way. The note is both loving and a reminder of Mom's importance." Parents and professionals alike will appreciate this freebie in that it is easy to print and reproduce. **Download it here now:** <http://bit.ly/PreemieMomsDay> **and check out more like this here:** <http://bit.ly/PreemieFreebies>

## To Do List



**CONGRATS:** [Linda Yang](#) and [Melissa Howell](#) are the winners of the *Life with Grace* book and [Alyson Bolton](#) is the winner of our *little man* DVD.



**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!**



*Parents of Premies Day*  
Graham's Foundation  
May 4, 2014  
[www.ParentsofPremiesDay.org](http://www.ParentsofPremiesDay.org)

*Miracle Babies 5k*  
Miracle Babies  
May 4, 2014  
San Diego, CA  
[www.MiracleBabies.org](http://www.MiracleBabies.org)

*3rd Annual Int'l Kangaroo Care Awareness Day*  
May 15, 2014  
<http://on.fb.me/1iRnm9U>

*Tools and Resources  
for the Preemie Community*

## Support: *Miracle Babies*    *Org: Human Milk Banking Assoc of N. America*



Health. Respect. Hope.

**Year Established:** 2009

**Web:** [www.miraclebabies.org](http://www.miraclebabies.org)

**Background:** Dr. and Mrs. Sean Daneshmand are the parents of a "miracle baby" born at 34 weeks at the same hospital Dr. Daneshmand practices caring for women with high-risk pregnancies. Out of that experience and with volunteers, Miracle Babies was created.

**Programs:** Healthy Women, Healthy Children (a program that partners with the YMCA to aid maternal health before and after pregnancy), Family Assistance Program (a grants program based upon assessed needs as well as educational and emotional support), and Raising Miracles (providing information and education regarding development).

*The benefits of breast milk with preemies are well documented, yet not every mother can produce a proper supply due to the stressors of the NICU. Donor milk is a lifesaver for all concerned. HMBANA serves to ensure proper standards for this practice.*

**Established:**  
1985

**Type of Outreach:**  
United States & Canada

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

**Focus:**  
To provide standards for all North American milk banks. The organization runs 16 milk banks throughout the United States and Canada.

**Programs:**

HMBANA locations depend upon lactating mothers to donate their milk in order to provide life-saving medicine to babies that are ill and in the NICU. The milk donation program does rigorous testing on healthy mothers and their contributions of breast milk to ensure the safety of the babies.

**To Learn More:**

HMBANA  
4455 Camp Bowie Blvd.  
Suite 114-88  
Fort Worth, TX 76107  
(817) 810-9984  
[info@hmbana.org](mailto:info@hmbana.org)



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



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

**"Like" our FB page  
from 4/29/14 to 5/23/14  
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.PremieWorld.com](http://www.PremieWorld.com)



## Kozie Clothes: G-Tube Clothing

### The Details:

**By:**  
Kozie Clothes

**Website:**  
[www.KozieClothes.com](http://www.KozieClothes.com)



### The Genius:

Who says preemies going home on g-tubes can't be healthy, safe and also be fashionistas? It is thanks to Kozie Clothes' innovative products designed with assistance from pediatric nurses and therapists that infants struggling with feeding can have fun dressing up like everyone else. The one-piece clothing has two gender specific options and the g-tube covers that help prevent leaks come in a wide variety of fun and festive designs.

*COOL: One lucky NICU could win a g-tube "fashion" kit of several outfits and g-tube covers courtesy of Kozie Clothes when you sign up for the Premie Family for Pros newsletter list at <http://bit.ly/PremieFam4Pros> from 4/29/14 - 5/23/14.*

## After the NICU: Mother's Day

*Mother's Day after the NICU stay can often be full of highs and lows when you have had a preemie. Maybe you are still on lockdown or you are just coming out of lockdown. Here are some tips for celebrating Mother's Day after the NICU . . . "Premie Style."*

- Hold your baby and sing soft lullabies . . . just the two of you.
- Snuggle up with some special Kangaroo Care time. Ask a family member to take a picture.
- Read a book together, cuddled close.
- Take time for yourself: get out for a special treat of coffee and a good book or a quiet walk while Dad or another family member babysits.

## Premie Professional Online

### NICU Professionals Group: (www.Linkedin.com)

"RADIO SHOW: PTSD & Premie Dads - <http://ow.ly/vVVhu>

"Papas of Premies Turns 2 - [www.PapasofPremies.com](http://www.PapasofPremies.com) "

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

"Will be sharing how to connect with your baby & toddlers outdoors in our next e-newsletter. Sign up to get your copy to share!  
<http://ow.ly/vOlxQ> "

PREEMIE UPDATE & PRAYERS: The Hanneman Twins - <http://bit.ly/PremieDandD> "

### Premie World (www.Twitter.com):

"COOL: <3 Premies Logo in Premie Family - <http://bit.ly/PremieFamily25>

### BE THE COOL PRO: Tell Your Families about the "Premie Network" on Inspire.com:

Deb Discenza of PremieWorld moderates this global network of *over 18,000 parents* from NICU to home to school. [www.inspire.com/preemie](http://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@preemieworld.com](mailto:connect@preemieworld.com)*

## Get "Social" With Us!



[www.PremieWorld.com](http://www.PremieWorld.com)  
[www.LittleMantheMovie.com](http://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*



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




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



### Premie Rattles

Developed by a Physical Therapist

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

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## Q&A: Ideas for Mother's Day in the NICU

*While the world takes new mothers out to special brunches and delivers flowers endlessly, Premie Moms in the NICU are often at a loss on this day. Here are some tips for family and friends from PremieWorld's Deb Discenza.*

- Bring Mom a special "brunch" to the NICU that is special and nutritious.
- Tell Mom she is an amazing mother.
- Create origami flowers that can be kept in the NICU by the baby's incubator.
- Provide the PremieWorld letter in our "Premie Freebie" section on Page 1.
- If pumping breast milk, provide her with a water bottle with a straw that can be easily sipped from when dehydration occurs.
- Tell her how incredible she is and that she is loved.
- Remind her of that special connection between her and her child. It is unique and important. She is doing right by her baby.