



Preemie Professional

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Maureen H. Greer, BA

Executive Director & Owner



Photo Credit: Darla Gindler (ECPC)

Professional Tip:

Listen to families! Their observations regarding their infant's activities provide incredible insight related to their developmental status.

Organizations:

- IDEA Infant & Toddler Coordinators Association (www.ideainfanttoddler.org)
- Emerald Consulting, LLC

Years Helping Premies:

35

Focus:

Maureen focuses on the continuum of care from pregnancy through child development.

Advocate: Feeding Tube Awareness Week

Many premies have a feeding tube during the NICU stay as they work toward eating orally. And many also go home on feeding tubes. **February 7-13, 2016 is Feeding Tube Awareness Week** brought to you by the **Feeding Tube Awareness Foundation**. Learn more, and get great resources and inspiration by going to their website at: <http://www.feedingtubeawarenessweek.org>

Preemie Resource: Preemie Therapists Move the World

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 Therapists Move the World."** "The OTs, PTs, NT's, Speech/Feeding, Music, and Vision Therapists are amazing," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "Whether in the

hospital setting or out in the community, they are key to helping families with those developmental milestones." Parents and professionals alike will appreciate this freebie in that it is easy to print and reproduce. **So go download it here now:** <http://preemie.us/PreemieTherapists> And check out many more here: <http://bit.ly/PreemieFreebies>

To Do List



CONGRATS: [Courtney Balliro](#) won *Helping Your Child with Extreme Picky Eating* by Katja, Rowell, M.D. and [Peter Schnellenberger](#) won a copy of the *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!

Gravens Conference
February 17-20, 2016
Clearwater, FL
<http://preemie.us/GravensConf>

NEO Conference
February 25-28, 2016
Orlando, FL
<http://www.neoconference.com/>

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

*Tools and Resources
for the Preemie Community*

Support:

Parent to Parent NICU Family Support

Six months after having a preemie, Becky Hatfield was asked to start her NICU's support group. To date, they have supported over 20,000 families.

Established: 1975

Outreach: Regional through the University of Utah Hospital via Utah, Idaho, Nevada & Wyoming.

Facebook: <http://preemie.us/P2PofUT>

Instagram: parent2parent_ut_nbicu
(password: weheartpreemies)

Programs: Support meetings in the form of Pizza Night, Craft Night or Bingo Night, a catered dinner each month, "Survivor Beads" program and two events, a reunion and an annual dinner with an award. Also provides hospitalized/bed rest support and a NICU baby shower.



Org: Toby's Shower for Babies

Toby's Shower for Babies was born when Founders Joshua and Elizabeth Tolin were living in Hungary when an OB told them at 20 weeks that Toby would not make it. The couple went back to the U.S. for more opinions. Toby was born at 31 weeks and 2 days - a true miracle. While in the NICU, the family discovered many families in need and knew they needed to help in some way.

Established:
2014

Web Site:
www.showerforbabies.org

Outreach:
The organization currently supports 4 hospitals in 2 states (Wyoming and Colorado) and has helped 1,000+ NICU babies and their families.

Mission:

Toby's Shower for Babies is focused on infants in the NICU and their parents many of whom arrived due to an emergency with nothing in hand and from hundreds of miles away.

Programs:

- Toby's Shower for Babies Project (baskets for families)
- Shoulder to Lean On Project (Parent-to-Parent Mentorship)
- More programs in the works!

Cool! *The Champagne Ball* on 2/12/16. Check website for details.



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



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

"Like" our FB page from 1/26/16 to 2/22/16 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:

By:

Cheryl Campbell along with various artists

Available at:

www.musicforpreemies.ca
[iTunes](#)

Cost:

\$9.99 (iTunes) - \$15.00 (site)



Once, in a Lullaby is a Premie Classic

The research is clear on music in the NICU: it is brain food. It provides a soothing backdrop for preemies but it also stimulates them in terms of breathing, feeding and more, which quickly translates to earlier discharge. Cheryl Campbell, a classically trained soprano, music teacher and preemie mother crowd-funded a CD that could be donated to families in the Mount Sinai NICU. With 16 soothing classical pieces mixed with pieces of a lullaby quality (like "Over the Rainbow"), Campbell has done a superb job. Grandparents, families, and friends will find this a perfect gift for preemies in the NICU.

We're giving away this CD! Follow us on Twitter by 2/22/16 to enter: <http://bit.ly/PremieTweets>

After the NICU: Finding A Good Therapist

Whether its Early Intervention or private therapy, finding a great pro is important!

- **Early Intervention:** Talk to your Early Intervention Coordinator and ask about whom would be the best fit for your child. Not happy? Call again and request a switch. It is that easy.
- **Private Therapy:** Referrals are often the best. This could be from a local support group that you have joined; a local special-needs organization or the specialist referring your child for therapy.
- **Note:** Always check insurance coverage, and make sure to get and follow-up on references.

***Tweet Us:** What's your #premietherapy suggestion?*

Premie Professional Online

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

Therapy Program Brings Music to Premature Babies' Ears

Human Milk: The NICU Economic Story Infographic

STUDY: Infant Delivery & Feeding Methods Can Affect Gut Composition

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

A Little Strategy to Get Students with Special Needs Working

Home Visitors - Please Join the Conversation!

[Premie World \(www.Twitter.com\):](http://www.Twitter.com)

PREEMIE UPDATE: Audrey

GREAT INFO: When the Common Cold Turns Serious: How to Recognize RSV

[BE THE SMART PRO: Tell Your Families about the "Premie Network" on Inspire.com:](http://www.inspire.com)

Deb Discenza of PremieWorld moderates this FREE global network of *over 24,000 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@preemieworld.com

Get "Social" With Us!



www.PreemieWorld.com
www.LittleMantheMovie.com



@ PreemieWorld



1. PreemieWorld
2. Preemie Parent's Survival Guide to the NICU



PreemieWorld



Check out other LinkedIN groups we moderate:

1. NICU Professionals
2. Early Intervention Professionals
3. Preemie Parent Support Group Leaders
4. Preemie Parents
5. Little Man the Movie

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Preemie Parent Words: *When Preemie Therapy is "Stuck"*

Deb Discenza *gives insight into realizing when it is time for a change-up in the therapy regimen.*

My daughter was 10 years old and the local therapy center near her elementary school had only a Monday at 8 a.m. slot for us, so we took it. At first she did well and we saw some progress. However within a few months, my daughter was half-asleep, grumpy, annoyed and downright ornery during those sessions. And the therapy homework wasn't getting done either because I was getting pushback from my daughter.

It was then that I realized we were "stuck" in therapy and needed a break. We pulled out and gave my

daughter some breathing room. But I was deathly afraid of her regressing on the gains in balance and coordination and I was constantly trying to find ways to help make exercise fun.

Fast forward a year and I finally decided that it was time for something that combined therapy with fitness and hired a personal trainer at the local gym. The trainer had the background we needed. My request - keep it fun, keep it moving. He has done just that. My daughter loves her training sessions and is aware of how it is helping her in school and in life. *Success!!*

How have you gotten "unstuck" in #preemitherapy?