



# Preemie Professional



## PREEMIE PROFESSIONAL

**Susan M. Ludington, Ph.D. RN, F-CNM, CKC, FAAN**  
Professor, Case Western University & Executive Director of USIKC



Photo Credit: Ms. Agnes Torontalli, CRS, Frances Payne Bolton School of Nursing

**Years Helping Premies:** 29

**Organization:**  
Frances Payne Bolton School of Nursing, Case Western University

**Focus:** Dr. Ludington's specific interest is the physiological, developmental, and social effects of Kangaroo Care on preterm infant growth and development.

**Great Resource:**  
Dr. Ludington is the Executive Director of the United States Institute for Kangaroo Care (USIKC). Find out more at the organization's website at:  
[www.kangarocareusa.org](http://www.kangarocareusa.org)

### PROFESSIONAL TIP:

*Do not limit the use and duration of Kangaroo Care by the infant's parents.*

### ADVOCATE: Kangaroo Care Awareness Day

Mark your calendars for **May 15, 2017** for the **6th Annual International Kangaroo Care Awareness Day** hosted by **Nurtured By Design** ([www.NurturedByDesign.com](http://www.NurturedByDesign.com)). Post your KC pics online and with **#kangarocareday** and also submit pics to [kangaroo@nurturedbydesign.com](mailto:kangaroo@nurturedbydesign.com)



## PREEMIE FREEBIE: Kangaroo Care Awareness

PremieWorld provides a number of free handouts to be used in the NICU and beyond in its "[Freebies](#)" section of the website.

This month's freebie is a **Kangaroo Care Awareness Badge**. "PremieWorld wants to join in on the celebration to raise awareness about this incredible tool for parents," notes **Deb Discenza, Founder of PremieWorld**. "Kangaroo Care has

been shown to have numerous positive benefits for the NICU baby and the family. It is a no-brainer yet is not always implemented as much as it should be."

**DOWNLOAD IT:** <http://premie.us/KMCBadge>

**MORE FREEBIES:** <https://bit.ly/PremieFreebies>

### TO DO LIST:

- ✓ **CONGRATS!** **Jenni Kramer** (Premie Shower: a dozen cases of Water Wipes) and **Melisa Cellan** (*little man* DVD).
- ✓ **LIKED US YET?:** PremieWorld is doing another PremieWorld Facebook page contest. See page 2 of this newsletter for details!
- ✓ **DOWNLOAD FREE TOOLS:**  
Free from PremieWorld at <http://bit.ly/PremieFreebies> and pass them onto Premie Parents in their welcome packets.
- ✓ **MARK YOUR CALENDARS:**  
**International Kangaroo Care Awareness**  
May 15, 2017; Worldwide  
<https://www.nurturedbydesign.com>
- Sharing Progress in Neonatology 2017**  
May 25-28, 2017; Dublin, Ireland  
<http://youngchildexpo.com/>
- ✓ **CONTACT US:**  
Have an event to share? A pro or an organization, or product to highlight? Tell us at:  
[connect@premieworld.com](mailto:connect@premieworld.com)

### TOOLS AND RESOURCES FOR THE PREEMIE COMMUNITY

## SUPPORT:



With the early birth of her son, **Selina Bentoom's** son, King Luther, was born at 1.4 kg having survived with less than 250 ml of amniotic fluid and the umbilical cord being wrapped around his neck. From this experience **AFPNC** was born.

**Established:** 2015    **Outreach:** Africa (Ghana)

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

**Programs:**

- "Save Our Babies Africa Support Initiative" to fund awareness, programs and more.
- Improve quality in standards of treatment and care in Africa through establishing or refurbishing existing NICU and Kangaroo Mother Care Units, facilitate training for providers, promote evidence for action by supporting research work.
- Run Preterm Family Network & Neonatal Health Professionals Network.

## ORGANIZATION:

### *Twins & Multiples Initiative (TAMI)*

When the Founder of the **Twins & Multiples Initiative (TAMI)** was blessed with twins, she felt inspired to share her story and help give support to others (families with twins, triplets, quadruplets and more) in a similar situation so that they can become self-sustaining.

**Established:** 2008

**Website:** <https://premie.us/TwinsMultiples>

**Reach:** National (Africa)

**Programs:**

- Promotion of socio-economic development through support and education.
- Community empowerment and promotion of good cultural values and practices.



## PREMIEWORLD: "LIKE US" ON FACEBOOK & YOU COULD WIN!

LIKE US HERE:



<http://bit.ly/FBPreemie>

"Like" our FB page from **5/2/17 to 5/22/17** and you could win a copy of the award-winning *little man* DVD documentary from PremieWorld!



READ AND SUBSCRIBE:

Preemie parents and professionals are invited to subscribe to our **FREE** newsletters today @ <https://PremieWorld.com>

## PREEMIE GENIUS:

### Coloring Book: Rich & Creamy for Our Premie



by Platypus Media  
[www.PlatypusMedia.com](http://www.PlatypusMedia.com)

So many educational materials for the NICU are often focused solely on the parents and the infant. But what about those siblings that are trying to grapple with this life-altering experience that is hardly normal? How do they get comfort and the ability to process this situation in a healthy and developmentally appropriate manner?

This is where *Rich and Creamy for Our Premie* brings the NICU to tiny hearts, minds and fingers itching to color. Each page goes through the story of a young child going through the arrival of a preemie sibling and the journey from NICU to home and within that, learning about how breast-milk helps the infant.

This coloring book, available in both English and Spanish, is a must-have for every NICU.



*Rico y cremoso para nuestro prematuro hermoso*  
 Un libro de colorear para los hermanos de gemelos en la Unidad Neonatal de Cuidados Intensivos (UNCI)



Aprenda como la UNCI usa la leche materna donada para ayudar a que los bebés que nacen antes de tiempo, muy pequeños, o enfermos, crezcan sanos y saludables.

## AFTER THE NICU:

### Go or Not Go? Someone Else's Baby Shower

Your baby is home from the NICU and you are settled into life and trying to move on. But then you get an invitation to a good friend's baby shower. Do you go or not go? You want to support your friend it feels awkward and anxiety-inducing, yes? Tips:

- **Talk to your friend.** Be honest and explain that you want to support her but the situation is awkward for you and common for preemie parents. **Pre-shower!** Suggest a "Pre-Baby Shower" at an alternative date and time so you two can hang out together and just talk, eat a meal and relax.
- **Have a buddy system.** If you do go, ask a friend there to check in on you, protect you from invasive questions and scoot you as soon as the party is over.

## SHARE YOUR TIPS:

Been in this situation? What did you do?

Tell us about it using the hash tag [#premieworld](https://premieworld.com)

## PREEMIE PROFESSIONAL ONLINE

### NICU PROFESSIONALS GROUP (LINKEDIN)

Breastfeeding Support in the NICU

Is IV EPI Really the Cat's Meow?

Why Do We Keep Getting it Wrong in Neonatology?

Minding Your Milk: Helping Mothers in the NICU

### EARLY INTERVENTION PROFESSIONALS GROUP (LINKEDIN)

How Can You Get Hard to Reach Parents to Be Involved?

What Can You Do to Promote Adherence with Home Programs?

What Can You Do When Your Families Stop Adhering with their Home Program?

### @PREEMIEWORLD @TWITTER.COM

**PREEMIE UPDATE:** Greyson, the 24-Weeker Warrior

**FREE:** Premie Birth Certificate & Premie Angel Certificate on PremieWorld Website

### BE THE SMART PRO FOR FAMILIES

Tell your families about the **Premie Support Forum** on Inspire.com! Our own **Deb Discenza** moderates this **FREE global network of over 36,000 parents from NICU to school to adulthood.** **Visit us at <https://premie.inspire.com>**

### FIND OUT HOW TO JOIN THESE GROUPS

Refer to "Get Social with Us" on page 4 for more information. Share news and research with us at [connect@premieworld.com](mailto:connect@premieworld.com).

## GET SOCIAL WITH US!



- <https://premieworld.com>
- [www.littlemanthemovie.com](http://www.littlemanthemovie.com)



- @PremieWorld



- [www.facebook.com/PremieWorld](http://www.facebook.com/PremieWorld)
- [Premie Parent's Survival Guide to the NICU](#)



- [www.instagram.com/premieworld](http://www.instagram.com/premieworld)



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## PREMIEWORLD'S "PREEMIE SHOWER"

PremieWorld continues its monthly **Premie Shower!** Each month we will be picking *one* NICU to receive donated items.

**Our friends at Platypus Media ([www.PlatypusMedia.com](http://www.PlatypusMedia.com)) will be providing ONE NICU with: a DOZEN COPIES of their sibling coloring books, *Rich and Creamy for My Premie***

We will select one NICU from our "Premie Family for Professionals" list **by 5/22/17** at [www.bit.ly/PremieFam4Pros](http://www.bit.ly/PremieFam4Pros)



**Rich and Creamy for Our Premie**

A coloring book for siblings of babies in the Neonatal Intensive Care Unit (NICU)



Learn how the NICU uses breast milk to help babies who are really tiny, so sick, grow big and strong.

**Rico y cremoso para nuestro prematuro hermoso**

Un libro de colorear para los hermanos de bebés muy pequeños, o enfermos, crecen sanos y saludables en la Unidad Neonatal de Cuidados Intensivos (UNCI)



Aprenda cómo la UNCI usa la leche materna donada para ayudar a que los bebés que nacen antes de tiempo, muy pequeños, o enfermos, crezcan sanos y saludables.

NICUs: What do YOU want for a Premie Shower? Tell us using the hash tag **#premieworld**