



Preemie Professional



PREEMIE PROFESSIONAL

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Chair, Past Chair, Co-Medical Director, Associate Professor, Co-Coordinator



Photo Credit: Michael Carter, CCMC

PROFESSIONAL TIP:

Human milk, especially Mom's is essential to the health and development of these babies. We need to include mothers and their support network in our team. Their involvement is critical.

Organizations:

- Baby-Friendly USA NICU
- U.S. Breastfeeding Committee
- Mother's Milk Bank Western Great Lakes
- Human Milk Research Center at Connecticut Children's Medical Center (CCMC)
- UCONN School of Medicine Department of Pediatrics
- International Lactation Consultant Association (ILCA)

American Academy of Pediatrics

Years Helping Premies: 30

Focus: Breastfeeding and the use of human milk, both mother's and donor milk in this high-risk population.

ADVOCATE: Black Breastfeeding Week

With many breastfeeding events happening this month, one group that caught our eye is the **4th Annual Black Breastfeeding Week** happening **August 25-31, 2016** throughout the United States and beyond through local and online events. The focus is to inspire and support African American breastfeeding mothers everywhere. Learn more: <http://blackbreastfeedingweek.org>

PREMIEWORLD SCHOOL: Human Milk Infographic

PremieWorld 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 **PremieWorld School: The Benefits of Human Milk for Your Preemie**. "With August revolving around breastfeeding awareness, we wanted to make sure to include Preemie Moms," comments **Deb Discenza, Founder of PremieWorld**. "They should be validated as part of the NICU team because their

milk is the ultimate medicine. We should praise Moms for *trying*, for every *hard-won drop*, for every ounce."

DOWNLOAD IT: <http://premie.us/PremieMilk>

MORE FREEBIES: <http://bit.ly/PremieFreebies>

TO DO LIST:

- ✓ **CONGRATS!:** **Leah Jacoby** (Premie Shower), **Brittany Monae** (*little man* DVD) & **Aimee's Babies** (Premie Genius).
- ✓ **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:**
 - World Breastfeeding Week**
August 1-7, 2016 in Global
<http://worldbreastfeedingweek.org>
 - 4th Black Breastfeeding Week**
August 25-31, 2016 in the USA
<http://blackbreastfeedingweek.org>
- ✓ **CONTACT US:** Have an event to share? A pro or an organization, or product to highlight? Tell us at: connect@premieworld.com

TOOLS AND RESOURCES FOR THE PREEMIE COMMUNITY

SUPPORT:

The Potato Head Project



When the Moan twins arrived at 23 weeks and 6 days, their parents were trying to find a “sanitized” way to track their growth. They used Mrs. Potato Heads to do it. And **The Potato Head Project** was born to spread hope nationwide.

Established: 2013

Outreach: National

Website: www.thepotatoheadproject.org

Suggestion: Requesting a Potato Head is *free* though as a 501 3(c) donations are tax-deductible. Those family and friends asking what they can do to help you or asking for updates on the baby? Have them request for a Potato Head to be sent to you so you can focus on your little one(s). :-)

ORGANIZATION:

Black Mothers' Breastfeeding Association

Kiddada Green, M.A.T., was inspired by her own personal breastfeeding experience and that coupled with her love of community led her to found the **Black Mothers' Breastfeeding Association**.

Established: 2007

Reach: National and a strong core in Detroit, MI

Website: www.BMBFA.org



Programs: *Black Mother's Breastfeeding Club* (community-based, mother-led breastfeeding group for pregnant or breastfeeding mothers); *Community Based Breastfeeding Peer Counselor* (free home visiting service for pregnant and breastfeeding African American mothers in Detroit - see website for more detail); *Community Based Doula Program* (free home visiting service that connects pregnant mothers of Detroit to a community birth worker. Mobile and Web Based Learning (culturally relevant materials for agency employees with an interest in maternal-child health.

Events: *August 27, 2016* - “5th Annual Black Mothers Breastfeeding Summit” celebrating Black Breastfeeding Week. *October 14, 2016:* “Beyond the Mom: Reframing the Approach to Maternal Care” Both events are in Detroit, MI. More Info: see website.

PREMIEWORLD POLL:

LIKE US HERE:



<http://bit.ly/FBPreemie>

“Like” our FB page from **7/26/16 - 8/22/16** and you could win a copy of the award-winning *little man* DVD documentary from PremieWorld!



READ AND SUBSCRIBE:

Premie parents and professionals are invited to subscribe to our **FREE** newsletters today @ www.PremieWorld.com

PREEMIE GENIUS:



Book: *Work. Pump. Repeat.*

by Jessica Shortall

www.workpumprepeat.com

Preemie Moms are on an intimate basis with breast pumps early on during the NICU stay and likely even beyond the NICU stay. Navigating pumping and all that life entails is a challenge. Then add going back to work. This is where *Work. Pump. Repeat.* comes in with extremely detailed advice on navigating the politics and logistics of the corporate world and pumping. With a friendly and yes even funny tone, author and Mom Jessica Shortall helps to lighten the mood surrounding this difficult task with great quips and comebacks. She also makes it clear that all breast-milk is a success regardless of amount or duration of pumping. She will get cheers from the NICU crowd for sure.



WIN THIS BOOK!

Follow us on Twitter by 8/22/16 to enter: <http://bit.ly/PreemieTweets>



AFTER THE NICU:

Pumping/Breastfeeding After the NICU

If you are one of the luckier Moms and you were able to go home exclusively breastfeeding your preemie - hats off to you! If you are the Mom that is pumping and breastfeeding or exclusively pumping, again we applaud you for the medicine you are giving your baby. Add in a full-time or part-time job along with siblings and general life and well, *it is exhausting.*

This is where those, "What can I do to help?" people come in to aid you. At work or in life, ask key people around you to help as is possible with small tasks. Friendly reminders to pump, a high-five after a pumping session, making sure you have that big glass of water with straw and a private place to sit and focus all count. Remember to thank them!

SHARE YOUR TIPS:

How have people around you at work and at home supported you in breastfeeding/pumping?

Use the hashtag [#preemieparentexpert](https://twitter.com/preemieparentexpert)

PREEMIE PROFESSIONAL ONLINE

NICU PROFESSIONALS GROUP (LINKEDIN)

STUDY: NICU Antibiotic Restrictions Lead to Shorter Treatment Courses

RESOURCES: For Families Facing Hypoxic Ischemic Encephalopathy

BLOG POST: Which is Actually Better to Prolong the IV Site? Will You be Surprised?

EARLY INTERVENTION PROFESSIONALS GROUP (LINKEDIN)

HELPFUL: A Head Start on Child Development

Infant Development Association

Low Tone and Auditory Stimuli

@PREEMIEWORLD @TWITTER.COM

CUTE: An update on #preemie Roxanne

COOL: Preemie Update - Vihaan

BE THE SMART PRO FOR FAMILIES

Tell your families about the **Preemie Support Forum** on Inspire.com! Our own **Deb Discenza** moderates this **FREE global network of over 28,000 parents from NICU to adulthood.** Visit <https://www.inspire.com/groups/preemie> to learn more.

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@preemieworld.com.

GET SOCIAL WITH US!



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PREMIEWORLD'S "PREEMIE SHOWER"

PremieWorld has launched a monthly **Premie Shower!** Each month we will be picking *one* NICU to receive donated items.

In honor of the many breastfeeding awareness programs this month worldwide, August's product is **Lansinoh's Breastfeeding Starter Set**. Learn more at www.lansinoh.com

Lansinoh will be donating 50 Breastfeeding Starter Sets to ONE lucky NICU!

We will select one NICU from our "Premie Family for Professionals" list **by 8/22/16** at www.bit.ly/PremieFam4Pros

NICUs: What do YOU want for a Premie Shower?
Tell us using the hashtag **#premieshower**

