

# Preemie Professional



# PREEMIE PROFESSIONAL

Kim Updegrove, RN, CNM, MSN, MPH Executive Director, Mother's Milk Bank at Austin



Credit: Kim Updegrove

#### **PROFESSIONAL TIP:**

Every family with a baby in the Neonatal Intensive Care Unit needs a support person or group in order to facilitate bonding, coping, and the production of breast milk.

**Years Helping Preemies:** 14

#### Focus:

After facilitating births as a certified nurse midwife in private practice, Kim joined the milk bank in order to advance the research and save more of the 60,000 Very Low Birth Weight lives born each year.

#### Website:

www.MilkBank.org

#### **Cool Fact:**

She is the Past President of the Human Milk Banking Association of American (HMBANA).

### **ADVOCATE: Handwashing Awareness**

December 4-10, 2016 is **National Handwashing Awareness Week**. Have a baby in the NICU or at home on lockdown? The tools from our friends at Henry the Hand are perfect for parents and professionals alike in the hospital, at home and in the community. Learn more at the Henry the Hand website at: <a href="http://www.henrythehand.com">http://www.henrythehand.com</a>

## TO DO LIST:

CONGRATS!: Fran Ferrari of OUHSC (Preemie Shower), Ashley Hernandez (little man DVD) & Lee Rud (Preemie Genius).

LIKED US YET?: PreemieWorld is doing another PreemieWorld Facebook page contest. See page 2 of this newsletter for details!

#### **DOWNLOAD FREE TOOLS:**

Free from PreemieWorld at <a href="http://bit.ly/">http://bit.ly/</a>
<a href="http://bit.ly/">PreemieFreebies</a> and pass them onto Preemie Parents in their welcome packets.

#### **▼MARK YOUR CALENDARS:**

Hot Topics in Neonatology 2016
December 5-7, 2016 in Washington, DC
<a href="http://www.hottopicsinneonatology.org">http://www.hottopicsinneonatology.org</a>

National Neonatology Forum of India December 8-11, 2016 in Indore, India http://preemie.us/NeoSociety

#### **▼CONTACT US:**

Have an event to share? A pro or an organization, or product to highlight? Tell us at: connect@preemieworld.com

TOOLS AND RESOURCES
FOR THE PREEMIE COMMUNITY

# PREEMIE FREEBIE: Holidays with Preemies

PreemieWorld provides a number of free handouts to be used in the NICU and beyond in its <u>"Freebies"</u> section of the website.

This month's freebie is *Holidays with Preemies*. "Holidays are really tough for preemie families," comments **Deb Discenza**, **Founder of PreemieWorld**. "Whether they are in the NICU or at home on lockdown it is important to help them

find ways to celebrate the season - Preemie Style! May our families across the globe celebrate with peace."

**DOWNLOAD IT:** 

http://bit.ly/PreemieHolidays

**MORE FREEBIES:** 

http://bit.ly/PreemieFreebies

# **SUPPORT:**

Seattle Parents of Preemies



After the birth of her 30-weeker twins SPP head **Arlene Smith** struggled with the emotional and residual aspects of the NICU journey. Together with other like-minded preemie parent leaders came **Seattle Parents of Preemies**.

Established: April 2013

Outreach: Regional Seattle Area (to Puget Sound)

Web: www.seattlepreemies.com

FB:www.facebook.com/seattleparentsofpreemies

**Programs:** Support provided through in-person meetings and online; hosts speakers who talk with parents about preemie-relevant topics; advocates as the voice representing preemie families in the Seattle regional community.

# **ORGANIZATION:**

#### Little Miracles

When Founder and CEO **Michelle King's** son was born and ended up in very poor health, he spent a total of 15 months between the NICU and the PICU. He came home on oxygen and King was thrust into a world where public transportation and social connections were complicated with a special needs child. **Little Miracles** was formed to help families cope.

Established: 2010

**Reach:** United Kingdom





#### **Programs:**

With 10 sites nationwide, Little Miracles provides a combination of services including counseling, emotional support, bereavement support, early education opportunities (play therapy, occupational therapy, etc.), days out, holidays, after-school clubs and more.

#### Cool, BBC Highlight:

The organization, having outgrown its first building was highlighted on BBC and given an amazing new set-up:

http://preemie.us/LittleMiracles1

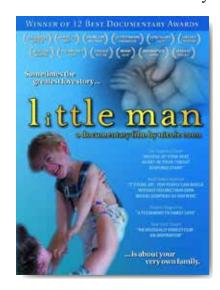
## PREEMIEWORLD: "LIKE US" ON FACEBOOK & YOU COULD WIN!

**LIKE US HERE:** 



http://bit.ly/FBPreemie

"Like" our FB page from **11/29/16 to 12/20/16** and you could win a copy of the award-winning *little man* DVD documentary from PreemieWorld!



#### **READ AND SUBSCRIBE:**

Preemie parents and professionals are invited to subscribe to our FREE newsletters today @ www.PreemieWorld.com

# PREEMIE GENIUS:

#### Book: Beyond the Laces



by Bob Salomon & Rick Young & Illustrated by Ken Jones www.BeyondtheLaces.com

This book is one that should be read by every parent at bedside in the NICU and at home. The story may be football focused but its message is one that every family can relate to 100%. *Never give up*.

Centering on one family whose son has an ailment that requires him to work harder to get better, it reminds us that inspiration is in various forms around us to push harder, to never give up. For this boy it is his favorite football player, number 87 who through kindness inspires all. Consider gifting this book to a family this season.

Bonus: a portion of the proceeds of all book sales will be donated to Children's Hospital of Philadelphia.

#### WIN THIS ITEM!

Follow us on Twitter by 12/20/16 to enter: http://bit.ly/PreemieTweets



# **AFTER THE NICU:**

#### Holidays are the Hardest

Many would think that the holiday season would be a time to let go of the NICU days and relax and celebrate family.

Unfortunately that is harder than one would think. With the holidays approaching we parents reflect on the past year or years. We remember the trauma of the NICU and the unending stress of trying to juggle life alongside the hospitalization. And for many in our community, we are remembering an infant that has passed away either in the NICU or post-NICU.

Let the tears out and let it all out. Grieving is part of the healing process. If you find you are "stuck" please consider speaking to a therapist.

## **SHARE YOUR TIPS:**

What #preemiefeelings linger for you?

Use the hash tag #preemiefeelings

## PREEMIE PROFESSIONAL ONLINE

#### NICU PROFESSIONALS GROUP (LINKEDIN)

**REPORT:** U.S. Premature Births Rise for 1st Time in 8 years

**STUDY:** Premature Calcium Deposits May Trigger Premature Births

**NEW:** Infants Should Share Parents' Room to Help Prevent SIDS

#### EARLY INTERVENTION PROFESSIONALS GROUP (LINKEDIN)

Supporting Parents in Carrying Over Behavioral Interventions is the Cornerstone for Reducing Symptoms of Children

Helpful Tips for Traveling with Feeding Tubes

#### @PREEMIEWORLD @TWITTER.COM

**STUDY:** Nurses' 'Scrubs' Pick Up Bad Hospital Germs

**COOL:** Peek-A-Boo ICU Has a FREE Parent App!

#### 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 almost 32,000 parents from NICU to school to adulthood. Visit us at** <a href="https://preemie.inspire.com">https://preemie.inspire.com</a>

#### 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 <a href="mailto:cone.con">connect@preemieworld.com</a>.

# **GET SOCIAL WITH US!**



- www.preemieworld.com
- ${\color{gray}\bullet}\,\underline{www.littlemanthemovie.com}$

preemieworld



@PreemieWorld



- www.facebook.com/PreemieWorld
- Preemie Parent's Survival Guide to the NICU



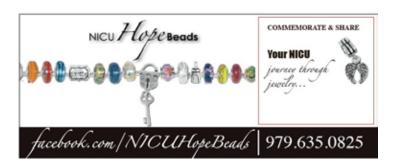
www.instagram.com/preemieworld



- PreemieWorld
- NICU Professionals
- Early Intervention Professionals
- <u>Preemie Parent Support Group</u> Leaders
- Preemie Parents







Interested in advertising? Contact us at connect@preemieworld.com

## PREEMIEWORLD'S "PREEMIE SHOWER"

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

December is a **Special Holiday Shower** from PreemieWorld!

PreemieWorld will be providing ONE NICU with:

5 Kangaroo Zaks,

12 Copies of Go Preemies!,

12 Copies of Once Upon a Preemie
and 12 Copies of From Hope to Joy.

We will select <u>one NICU</u> from our "Preemie Family for Professionals" list **by 12/20/16** at <u>www.bit.ly/PreemieFam4Pros</u>

NICUs: What do YOU want for a Preemie Shower?

Tell us using the hash tag #preemieshower

