



# 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 Premies:**  
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](http://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: <http://www.henrythehand.com>

## PREEMIE FREEBIE: Holidays with Premies

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 *Holidays with Premies*. "Holidays are really tough for preemie families," comments **Deb Disenza, Founder of PremieWorld**. "Whether they are in the NICU or at home on lockdown it is important to help them

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

**DOWNLOAD IT:** <http://bit.ly/PremieHolidays>

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

### TO DO LIST:

✓ **CONGRATS!** **Fran Ferrari** of OUHSC (Premie Shower), **Ashley Hernandez** (*little man* DVD) & **Lee Rud** (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:**  
**Hot Topics in Neonatology 2016**  
December 5-7, 2016 in Washington, DC  
<http://www.hottopicinneonatology.org>

**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@premieworld.com](mailto:connect@premieworld.com)

### TOOLS AND RESOURCES FOR THE PREEMIE COMMUNITY

## SUPPORT:

### *Seattle Parents of Premies*



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 premie parent leaders came **Seattle Parents of Premies**.

**Established:** April 2013

**Outreach:** Regional Seattle Area (to Puget Sound)

**Web:** [www.seattlepreemies.com](http://www.seattlepreemies.com)

**FB:** [www.facebook.com/seattleparentsofpreemies](http://www.facebook.com/seattleparentsofpreemies)

**Programs:** Support provided through in-person meetings and online; hosts speakers who talk with parents about premie-relevant topics; advocates as the voice representing premie 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

**Website:** <http://www.littlemiraclescharity.org.uk>



#### **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://premie.us/LittleMiracles1>

## PREMIEWORLD: "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 PremieWorld!



READ AND SUBSCRIBE:

Premie parents and professionals are invited to subscribe to our **FREE** newsletters today @ [www.PremieWorld.com](http://www.PremieWorld.com)

## PREEMIE GENIUS:

### Book: *Beyond the Laces*



by Bob Salomon & Rick Young  
& Illustrated by Ken Jones  
[www.BeyondtheLaces.com](http://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/PremieTweets>

## 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 **Premie 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 <https://preemie.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@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



- [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 "PREMIE SHOWER"

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

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

**PremieWorld will be providing ONE NICU with:**  
**5 Kangaroo Zaks,**  
**12 Copies of Go Premies!,**  
**12 Copies of Once Upon a Premie**  
**and 12 Copies of From Hope to Joy.**

We will select one NICU from our "Premie Family for Professionals" list by **12/20/16** at [www.bit.ly/PremieFam4Pros](http://www.bit.ly/PremieFam4Pros)

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

**Premie Shower**

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

**Go Premies!**

**From Hope to Joy**

JENNIFER DEGLI