

The TOP 7 Things Preemie Parents NEED to Know

From the authors of
The Preemie Parent's Survival Guide to the NICU
(available to buy at www.PreemieWorld.com)

- 1. Yes, the NICU is Like Science Fiction.** Incubators that look like pods, wires everywhere, beeping machines. And you. Welcome to the NICU, we'd be happy to show you around. Add in a pandemic and/or cold/flu season and you are likely locked out. It's okay, we have got you. You can still be a parent in this strange universe.
- 2. Your Baby Does Know You.** For Moms, baby knows your smell, knows your voice. Dads - baby knows your voice as well. Use this to your advantage.
- 3. Record Yourself.** Record yourself singing a lullaby or reading a book or just talking to your baby a love letter to read aloud. Or heck, read the newspaper. Send it to the nurse that day to play for your baby at bedside. Your voice matters because it calms your baby.
- 4. Get a Zaky and Use it to Bond with Your Baby.** If your unit won't let you in to Kangaroo Care your baby, bring your smell to the baby. Check it out at www.Zaky.com Can't afford one? Then ask the nurse what you can use instead.
- 5. Breast Milk is Medicine.** One of the most life-saving medicines you can provide your baby is breast milk. Stress can affect milk supply so make sure you get help from a Lactation Consultant when pumping or attempting breastfeeding. Not working out? Ask the team about donor milk and a 100% human-milk based fortifier for your baby. You do have options at your disposal.
- 6. Your Emotions.** Both parents are at high risk for Postpartum Depression and PTSD. Yes both. Having a hard time? Get help. Why? Because research shows that parents struggling emotionally have a strong affect on a preemie's outcome developmentally. Try telemedicine for therapy so you don't have to run all over the place. We recommend www.NICUHealing.com.



FINALLY...

7. Connect with Deb & 50,000+ other parents on the FREE Inspire Preemie Community.

We have families in the NICU, at home, at school and also as adults. We also have families of preemie loss and also those going through a post-preemie pregnancy. Come join this safe space, this secure place - led by Deb.

Log on via the Inspire IOS app or desktop (<https://preemie.inspire.com>) and send Deb a friend request - her handle is DebPreemieWorld.

