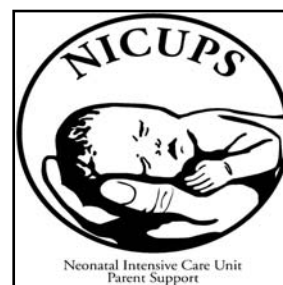


August Inkubator



2009

Hotline 314-251-6636

www.miraclebaby.org

NICUPS@mercy.net

Who are the NICUPS?

Since 1991, the NICUPS' purpose has been to support and empower new parents in the NICU to be the strongest advocates for their children. Drawing upon our own experiences as graduate NICU parents, we offer hope, compassion, love and encouragement to each family, while respecting the dignity of all families in crisis.

Each of the parent volunteers were once in a NICU with children of their own. Their personal experience enables them to offer vital emotional support to current NICU families. Support begins as early as mid-pregnancy for mothers on bed rest, continues through their time in the NICU, and is on-going until the family feels support is no longer needed. We are here to help, so please let us know what we can do to assist you.

You have to expect things of yourself before you can do them.

Michael Jordan

I don't know why they say you have a baby. The baby has you.

Gallagher

Miracle Moment

By: Amanda Church



When I look back over the past few years, I cannot even remember what life was like before Erica. She was born just 5 weeks early at a whopping 8 lbs. 1 oz. with a couple of heart defects and spent about 2 weeks in the NICU. They were the longest and most difficult 2 weeks of my life, but looking back I realize they were instrumental in defining who we are today. Our NICU stay and multiple heart surgeries at Children's Hospital have helped our family become much stronger, more resilient, and incredibly appreciative of all the little things. Every time I hear "Mama" or "Daddy" and see the smile on Erica's face, it takes my breath away. The little giggles and deep belly laughs bring tears to my eyes and make me stop in my tracks. Erica never ceases to amaze me in what she can do and how much she knows. I now know that all the little things really aren't that small; they're actually the huge rewards of being a parent. I used to wonder "why us?", but now I think that our journey is really a Badge of Honor to be worn proudly.

August

<u>Event</u>	<u>Description</u>	<u>When</u>	<u>Where</u>
NICU Parent Orientation Class	Let us help you orientate yourself to the NICU & parenting in the NICU. Parent Orientation followed by DVD presentation.	Tuesday 8/11 & 8/25 7:30-9pm	Conference Rm. NICU South
Unit Visit by a NICUP	A NICUP volunteer will visit the unit to chat with parents and families.	Each week	NICU North NICU South
Super Star Sibling Party	The Super Star Sibling Party is a chance for siblings of babies in the SJMMC NICU to relax, play & have their "own time" while visiting the NICU.	Sunday 8/2 1-2pm	NICU South Room 1
"Leaving the Nest" Discharge Class	This class is the best way to learn everything you will need to know about taking your baby home from the NICU. The class is taught by NICU RNs and will cover basic baby care, giving medications, car seat safety, and many more helpful topics and tips. We recommend that you sign up for this class when your baby 32 weeks of age or older.	Every: Tuesday 6-7:30pm Thursday 6-7:30pm Saturday 11-12:30	Conference Rm. NICU South To sign-up call 251-6286 or stop by the NICU South desk
Basic Preemie Development Class	Would you like to learn more about your baby's developing sensory system, how to understand your baby's cues and how to react to them? This class is recommended for parents whose babies are 32 wks adjusted age.	Wednesdays 8/12 8/26	Please contact Barb Baer in the OT office to sign up. Call 314-251-6286

Good germs and bad germs in the NICU

By: Kelly Burch, PharmD, NICU Pharmacist

We spend a lot of time worrying about germs in NICU. Premature and sick babies need help defending themselves from bad germs that cause infections. You already know that we ask everyone coming to see a baby in NICU to "scrub in" as if they were going to perform surgery. A sudsy two minute scrub, up to the elbows, and under the fingernails helps protect the babies from germs coming in from outside NICU.

Babies sometimes need help from medicines-antibiotics- to fight infection. We are careful to use antibiotics only when they are clearly needed, and for as short a time as possible. This helps us protect babies from getting infections from "Super-Bugs", which are germs that have been exposed to antibiotics so often that they have learned to survive even in the presence of antibiotic medications.

Not all germs are bad. Recent research shows that giving good germs into the stomach and intestines helps protect against a complication called necrotizing enterocolitis. The idea is similar to adults using Activia cheese or yogurt to help balance good and bad germs in the intestine. We can't give babies cheese, but we give healthy micro-organisms called probiotics using Flora Q 2 once a day with a feeding. If you want to know more, say "Teach me about good and bad germs" to your NICU caregiver and you'll have a lot to talk about!