



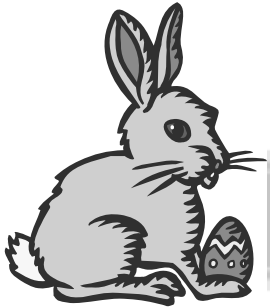
NICUPS INKUBATOR

APRIL 2009

Hotline: 314.251.6636

www.miraclebaby.org

NICUPS@mercy.net



Happy Easter!



APRIL CALENDAR	What	Description	When	Where
	NICU Parent Orientation Class	Let us help you orientate yourself to the NICU and to parenting in the NICU. NICU Parent Orientation followed by: DVD presentation	Tuesday 4/14 & 4/28 7:30-9:00 p.m.	NICU South— 2nd Floor Classroom #1
	“Leaving the Nest” Discharge Class	Our “Leaving the Nest” discharge 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 is 30 to 32 weeks of age or older.	Tuesday 6-7 pm Thursday 6-7pm Saturday 11am-12 noon	Conference Room, NICU South To sign-up call 251-6286 or stop by the desk in NICU South
	Unit Visit by a NICUP	A NICUP volunteer will visit the unit to visit with parents and families.	Each Week	NICU North NICU South
	Basic Premie Development Class	Would you like to learn more about your baby’s developing sensory system, understanding your baby’s cues and how to react to them? This class is recommended for parents whose babies are 32 weeks adjusted age.	4/8@1:30pm & 4/22@1:30pm	Please contact Barb Baer in the OT office to sign up for the class by calling 251-6286.
	Super Star Sibling Party	The Super Star Sibling Party is an opportunity for siblings of babies in the SJMMC NICU to learn more about their little sister or brother.	Sunday April 5th 1-2 pm	Conference Room, NICU South To sign-up call 251-6222 or stop by the desk in NICU North



“Leaving the Nest” Discharge Class

Exciting things are happening in our new NICU, with the newest being our Discharge Classes. After lots of feedback from our families, we decided that it was the perfect time to implement such a valuable class. Between 31-34 weeks, each of our families will receive a letter about signing up for our Discharge Class. We also have a discharge coordinator who will be touching base with each of our families as well. The classes will be offered three times a week, and will be taught by our own NICU nurses. By completing the class, it will get each of our families one step closer to discharge. Our goal is on the day of discharge... Our parents only have to pick up their baby or babies, and everything else will have been completed! A big Thank You to our nurses who have initiated and are teaching the classes for us: Barb Hedicke, Samantha Bohnert, Cherie Fromm, and Judy Davidson. We love the feedback each of our families provides, so let us know how we are doing.

Michele Sprague, RN, BSN, Neonatal Nurse Manager

Editor’s Note: My twins both qualified for the First Steps program and I cannot say enough great things about it. We had a physical therapist and occupational therapist come to our home from the second day we were released from the NICU and later we also benefited from a speech therapist. I really believe that this early intervention helped my girls catch up to their chronological age in a timely manner. Check with your doctor or call First Steps if you would like to see if you qualify.— Chris Baughan, mother of 28 weekers

First Steps

First Steps offers coordinated services and assistance to young children with special needs and their families. **First Steps** is designed for children, birth to age 3, who have delayed development or diagnosed conditions that are associated with development disabilities. Families can contact their county First Steps Office for more information by calling toll free: **1-866-583-2392**

The **First Steps Goal** is the same as yours: To make sure that families have the necessary supports, services, and resources that they need to raise healthy, happy and successful children. **First Steps** works with Missouri families of children age birth to three by ensuring that coordinated services are provided as conveniently as possible. Participation in **First Steps** is voluntary and is intended to help families of children with disabilities:

- Understand their child's special needs. <http://dese.mo.gov/divspeced/FirstSteps/>
- Obtain the help they desire to deal with situations that could interfere with their child's growth and development.
- Provide the best conditions for their child's growth and development.

For complete information about First Steps, refer to the state regulations under Part C of the Individuals with Disabilities Education Act (IDEA). Through these regulations, which include detailed information about the rights of children and parents who participate in First Steps, Missouri receives federal funding to support the First Steps program. The regulations also define confidentiality provisions, under the Family Educational Rights and Privacy Act (FERPA), which apply to First Steps.

Halo Sleep Sacks-Now Available

The NICU Staff and NICUPS are partnering with Halo Innovations to bring parents the Halo Sleep Sack at a lower cost. The blankets are available at the “leaving the Nest” discharge classes. They come in Preemie and Newborn size. Parent are asked to make a donation of \$10 each to the NICUPS. Most parents know that “back to sleep” is best, but we are also recommending the sleep sacks for several reasons:

To help prevent SIDS– Sleep Sacks eliminate the need for loose blankets that can cover a baby’s face and cause problems with breathing. The Academy of Pediatrics, Health Professionals and leading SIDS prevention groups recommend the use of “wearable “ blankets for safe sleep. For more information on the Halo Sleep Sacks: <http://www.halosleep.com/>



WHEN WE TAKE THE BABY HOME...

Questions and answers about going out, visitors, and relatives



When can I take my baby out in public?

It is best not to take your baby out in public for the first three months after bringing your baby home from the hospital.

When you do take baby out, try to avoid crowds of people who might have colds and other illnesses. Some of the places to avoid may be:

Church, older siblings' school, malls or grocery stores, and your baby's doctors office. (When arriving for your appointment, you could ask if you could be put in an examining room to wait.)

Should I allow visitors when my baby gets home?

When your baby gets home there will be many well meaning people who want to come and visit. Some things to keep in mind are: People with colds or the flu will have to visit at a later date.

Your premature will be more sensitive to stimulation and may do better if not held or only held for a limited time by one person.

You can limit the number of people who visit at one time and limit the amount of time they visit. Don't let people drink hot liquids or smoke and hold the baby at the same time.

Remember you are your baby's best advocate. It is okay to say that your doctor said it is not good to have visitors until your baby is a little older.

How do I deal with people's reactions to my premature infant?

People may respond with surprise or concern about your premature baby's size. They may be afraid to hold for fear of "breaking" your little one. This is a common response and they will need your reassurance that they will not harm your baby.

How can grandparents and other relatives help after discharge?

Grandparents can help with the care of siblings once you are home. Maybe an outing or an overnight at their house will help you and give the siblings a special time with their grandparents. Often there is very little energy left to handle regular day time living with other children. If possible having a grandparent come to stay for a short time can be a big help.

If there is a special relative whom you trust to stay with your little one, begin to take time with your spouse. Going for a walk or for a cup of coffee can help you keep in touch with each other.

Meals for the freezer or grocery shopping is another way for others to help.

While most relatives are well-meaning, there are those who give advice you do not want to hear or advice that is incorrect for your baby. Parents need to decide what is best for their family and whether visits or phone calls from others will help or hinder. You have come home equipped with the best knowledge to care for your baby and, as the parent, know what is best for your little one.

It is a stressful time for everyone. If you find just one person who will be there to listen and be your advocate, they can help you explain your needs to the others in your family.

We, the NICUPS, have found these recommendations very helpful but always remember that when discussing guidelines such as these, the best source of information is always your baby's doctor.

Courtesy of: <http://www.meriter.com/living/preemie/aftertd/goingout.htm>

Miracle Moment– Finally Coming Home

October 2003 was a happy, but also scary month for me. I have twin girls, which were born at 28 weeks gestation. They stayed in the NICU for three months and came home in October, about a week apart. For three months, all I worked toward was getting them home, but when the time came, it was scary. I had three months to get used to sleeping during the night and I had three months of anxiety built up regarding being a first time Mom with premature twins. I remember bringing my daughter into the house and thinking, ok, now what do we do with her? We soon got into the routine of feedings, changing and spoiling, but that first night I got a fright. We were awakened by the sound of the monitor alarm going off. My husband and I jumped out of our skin and I immediately shut off the alarm, which I wasn't supposed to do, and my husband was sort of freaking out. It was then, while we were patting her and standing ready with the bulb syringe, that the thunder and lightening shook the house and lit up the sky. We were new to Missouri, at the time, and it made this episode seem so much more frightening and dramatic. Our daughter, had a bowel movement, went back to sleep and once again it was quiet, but spooky, as we laid there fully awake. I will always remember that first night.

Another thing that was frightening about coming Home in October, was the onset of RSV season. Justly so, we were very protective of our girls and really limited their exposure to other people. After waiting three months for them to come home, this didn't sit well with everyone. I had one friend even ask me, when were they going to get to come out of their bubble? Well, we made it through our first winter, without getting sick, and I am proud to say that we have had many years to celebrate and I think that I am the only one to remember the bubble comment. **We ARE our children's best advocates, so do what you think is best!** Even though it can be scary at times, we all get through our first nights at home.

Some things that I did to make our Homecoming a little easier were:

Before leaving the NICU

- Sign up for any programs needed, such as First Steps, Parents As Teachers, and the NICU Follow Up program
- Make physicians appointments and fill any prescriptions
- Call Fire Department and Power Company to let them know if you have babies with monitors and/or oxygen in the house
- Check with NICU staff before buying a car seat; we want our little ones to be extra safe! Have car seats installed and the stroller figured out ahead of time

Also, don't forget to bring home the same pacifier, bottle, or formula that your baby was using in the NICU. We also found it very helpful to stay on the same feeding schedule as they were already on. Good luck and congratulations to everyone going home this Spring!

-Chris Baughan (Nicup)



Our Mom survived our Homecoming !

Save the Date!

March of Dimes

March for Babies

Join the NICUPS team!

one day...
all babies will be born healthy



march of dimes
march for babies

St. Louis March

Registration time: 8:00am

April 25, 2009

Start time: 9:00 am

Lower Muny Parking Lot, Forest Park

www.marchforbabies.org

Team: St. John's NICUPS