



# NICUPS INKUBATOR

**FEBRUARY 2009**

Hotline: 314.251.6636

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## NICUPS Superbowl Party

Sunday, February 1st

Kickoff 5:30pm

Family Waiting Area around the  
Corner from NICU North

Wide Screen T.V., Snacks, Stop by  
or stay for the whole game

Everyone Welcome

**FEBRUARY CALENDAR**

What	Description	When	Where
<b>NICU Parent Orientation Class</b>	Let us help you orientate yourself to the NICU and to parenting in the NICU. NICU Parent Orientation followed by: DVD presentation Free March of Dimes NICU Baby Journals	Tuesday 2/10 & 2/24 7-8:30 p.m.	"New" NICU South—2nd Floor
<b>Unit Visit by a NICUP</b>	A NICUP volunteer will visit the unit to visit with parents and families.	Each Week	NICU North NICU South
<b>Basic Premie Development Class</b>	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.	2/11@1:30pm & 2/25@1:30pm	Please contact Barb Baer in the OT office to sign up for the class by calling 251-6286.
<b>Super Star Sibling Party</b>	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 February 8th 1-2 pm	Conference Room, NICU South To sign-up call 251-6222 or stop by the desk in

## Secondhand Smoke is Dangerous

Everyone knows that smoking is bad for smokers, but did you know—

- Breathing smoke from someone else's cigarette, pipe, or cigar can make you and your children sick.
- Smoking inside a home or car is more dangerous because smoke gets trapped inside—even fans and open windows don't help.
- Children who live in homes where people smoke get sick more often with coughs, breathing problems such as asthma, and ear infections.
- Secondhand smoke is also linked to Sudden Infant Death Syndrome (SIDS).
- Secondhand smoke can cause lung cancer in adults and is also bad for the heart.

EPA 402-F-06-004

March 2006

### **Make your home smoke-free.**

Secondhand smoke is the smoke that comes from a cigarette or other tobacco that *someone other than you* is smoking.

For help call: 1-800-QUIT-NOW Or go to

<http://www.dss.mo.gov/mhd/participants/pages/quitsmoke.htm>

# Secondhand Tobacco Smoke and the Health of Your Family

## **Protect Your Family**

- Make your home and car smoke-free.
- Family, friends, and visitors should never smoke inside.
- If you smoke, smoke only outside.
- Ask your doctor for ways to help you stop smoking.

## **Remember**

Keeping a smoke-free home can help improve your health, the health of your children, and your community.

Information courtesy of:

[www.epa.gov/smokefree](http://www.epa.gov/smokefree)

## DONOR HUMAN MILK...When Mother's Own Milk is not available

A mother's own breast milk is the preferred nutrition for an ill or premature baby. When a mother is not able to provide breast milk for her baby, banked human milk offers many benefits to the infant. These Nutritional benefits may be even more important for babies under 1500 grams. Difficulty digesting and absorbing milk may occur with the premature baby. Banked, or donor milk, is also an excellent transition from IV nutrition when mother's milk is not available. It allows earlier weaning from IV solutions to feedings.

Donor milk comes from carefully screened nursing mothers. Donor mothers must be in good general health. Mothers are screened for infectious diseases, and willing to have blood tests to verify this. Mothers can not be regularly using any medications except for progestin-only birth control, thyroxin, insulin and prenatal vitamins. Mothers may not smoke, use illegal drugs or regularly use alcohol. Donor mothers must be able to provide 100 ounces or more of breast milk. The milk collected from nursing mothers is pooled, pasteurized, cultured, and stored frozen until it is prescribed. The milk banks pays for any blood work, handling and shipping charges.

Thanks to the generosity of these nursing mothers, banked human milk is available for very premature babies when a mother's not able to provide breast milk.

Information for the article from Breastfeeding: A Guide for the Medical Professional by Dr. Ruth Lawrence and From Mother's Milk Bank of North Texas

If you have questions, please contact Pamela Pinter, Lactation Consultant

## Kangaroo Care...Good Medicine for You and Your Baby

Skin to skin contact, nicknamed "Kangaroo Care", has many health benefits for mother and baby.

The baby, dressed only in a diaper, is held skin to skin against his mother, between her breasts. To avoid heat loss of the unwrapped baby, the mother keeps the infant completely under her clothing and skin to skin. In one study, it was found that the breasts of mothers of twins would automatically adjust temperature to maintain the temperature of each baby.

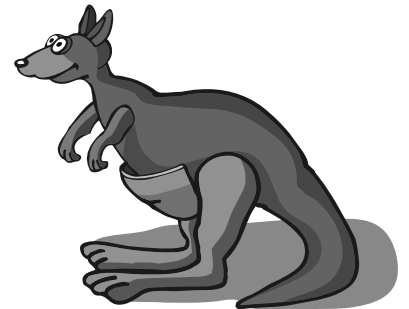
Research supports the health benefits for baby and mother. According to one study, babies receiving Kangaroo Care spent less time crying and more time in quiet alertness and deep sleep. Another study found babies in Kangaroo Care moved out of incubators and into open cribs sooner., went home sooner, and cried less a t six months of age. According to Susan Ludington, CNM, PhD, one hour of skin to skin daily is needed to see these benefits.

For nursing mothers, research supports regular skin to skin contact may significantly increase mother's milk volume. Both breast and bottle feeding mother's report feeling more confident in caring for their babies in the hospital setting and at home when they have the opportunity to hold their babies in Kangaroo Care.

Kangaroo Care...important for both you and your baby.

Information for this article from The Breastfeeding Answer Book and NEO-The Conference for Neonatology,2008

-Pamela Pinter, Lactation Consultant

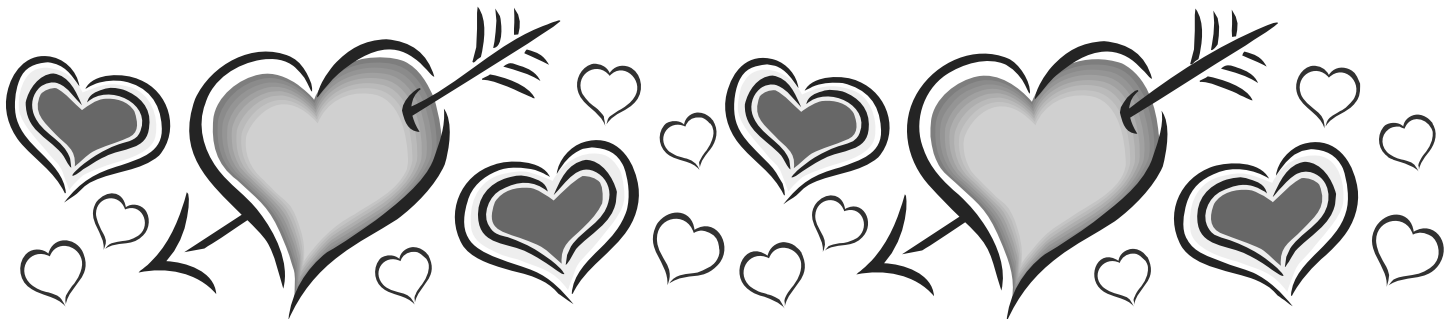


Our third child, Jake, was born at 32 weeks. He was our "Sumo" preemie. He weighed in at 10lbs and 6 oz. My type 1 diabetes led to his large growth. He was taken by emergency c-section, because he was unresponsive at a routine stress test. It was determined he was not going to make it much longer. He was immediately put on a ventilator because of his breathing problems. He had other problems that kept him in the NICU for 17 days. The running joke in our family is how long the nurses worked to get him to eat; now he doesn't stop eating! In looking back at our time in the NICU, Jake was in the best place that he could have ever been. Jake is doing well. He continues to have his ups and downs in learning but we are reaching milestones in his learning a little bit at a time. Jake brings great joy and pride to our family; he was and is our great adventure.



Jake had difficulty with ear infections. He has had tubes in his ears and a basic delay of speech. At four years old, he was still not speaking well or much at all. Our girls had always said "I love you" well before they were two years old. Jake had never said it. One night as I put Jake to bed, I told him that I loved him, not expecting a response. When he said "I love you too", I stepped out of his room and cried. It may not seem like a big deal, but for me it was a miracle. I had not realized until that moment, how much I needed to hear those words. They confirmed for me that everything would be fine for us and for Jake. -Kathleen Simmonds, NICUPS

# Happy Valentine's Day



I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon. ~Author Unknown



## *President's Corner by, Sarah Smith*

This time of year always brings many memories flooding back into my heart and mind. Not quite five years ago I was on the "see-saw" of a high-risk pregnancy. The nervous anticipation of each day was stressful. Who knew which day my twins would be born? In the beginning of our NICU stay I was devastated at the loss of my son Nicholas and sat for hours hoping for Carson's health. What did this all mean? Why was this happening to me and to our family?

Many of you may be feeling this way right now. It took me a while to realize that in a time of such distress there also comes a great opportunity. A reason. The answers to those questions will come in time to all of you and each answer may be different. For me I knew that I needed to help other parents and families and I have been able to do this by volunteering as a NICUP. Everyday I am reminded of what we as "Graduate" parents can do for parents who are new to the NICU world. It is truly an honor to help and guide. We are here to make your journey a little less difficult and provide you with the knowledge that you indeed are not alone. We are here for you, just let us know, and we will do our best to make the journey a little less arduous.