

# Your Premature Baby

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**VOLUMES 1, 2 & 3:  
Facilitator's Guide**



*"beauty comes in all sizes"*

# Your Premature Baby

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INJOY HAS CREATED THE ULTIMATE TEACHING TOOL for today's NICU with this brand new, three-part series designed to meet all of your instructional needs. Each research-based volume answers parents' questions, provides reassurance, and shows them how to interact with their preemies at different stages.

By incorporating this series into your NICU teaching, you can empower parents to have a positive impact on their baby's development, create a more satisfying NICU experience, and facilitate a smoother transition home.

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# Intended Use

This video series is intended for use in a hospital Neonatal Intensive Care Unit or high-risk antepartum unit as needed. The target audience is the parents of premature babies at a range of developmental stages.

## Suggested Facilitator Presentation

- Review the video series and Facilitator's Guide. Please note that all three volumes of the program are not intended to be shown at once. Instead, choose the appropriate volume for the parents' situation:
  - VOLUME 1 is intended for new parents who have just had a preemie or are at high risk of doing so.
  - VOLUME 2 is generally best for parents settling into the routine of having a preemie in the NICU. Note that parents who are pumping or are ready to breastfeed might benefit from watching Volume 2 sooner.
  - VOLUME 3 is intended for parents whose preemies are soon to be discharged from the NICU.
- Print or photocopy the Parent Handout(s) that correspond with the volume(s) you are presenting (pages 4-6). You should also print or make copies of the General Parent Handouts (pages 7-9).
- Present the video entirely or in segments (segments are well defined with segment title pages), stopping for discussion as needed.
- Provide an opportunity for parents to ask questions about the program, or engage parents in a discussion of the program by asking them about what they saw. You might ask, "How did you relate to the parents in the video?" or "Was there anything you learned that was new to you?"
- Provide parents with copies of the parent handouts. Review together if time permits.

## Program Overview

### VOLUME 1: Preemie Basics & Medical Care (27:14 minutes)

- Defining Prematurity (2:31)
- Preemie Appearance and Behavior (8:32)
- The NICU and Its Equipment (7:41)
- Common Medical Problems (6:32)

### VOLUME 2: Interacting With & Feeding Your Baby (26:15 minutes)

- Communication & Touch (6:07)
- Kangaroo Care (3:01)
- Feeding (9:08)
- Taking Care of You (6:23)

### VOLUME 3: Going Home (25:48 minutes)

- Preparing for Discharge (5:21)
- At Home With a Preemie (9:25)
- Early Development (4:53)
- Long-Term Complications (4:47)

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# YOUR PREMATURE BABY, VOLUME 1: PREEMIE BASICS & MEDICAL CARE

## GLOSSARY OF MEDICAL TERMS

**APNEA:** pause in breathing that lasts 15-20 seconds or more; treated by rubbing the baby to stimulate breathing or supplying extra oxygen

**BRADYCARDIA:** when the baby's heart rate slows to fewer than 100 beats per minute; common after an apnea spell (called the As and Bs when they occur together); treated by rubbing the baby or supplying extra oxygen

**CONTINUOUS POSITIVE AIRWAY PRESSURE (CPAP):** machine that helps your baby breathe by pushing air steadily into the lungs through tubes in the nostrils

**GASTROESOPHAGEAL REFLUX:** condition in which food and stomach acid leak back into the esophagus or mouth, causing a baby to spit up; usually treated with upright positioning during feeding and sleep

**INFECTION:** when a germ or bacteria enters the body and spreads; since premature babies are very vulnerable to infections, washing your hands to get rid of germs is very important before touching your baby

**INTRAVENOUS (IV) LINE:** tube going into a vein, umbilical artery, or scalp to provide fluids and medication

**ISOLETTE/INCUBATOR:** common type of closed bed designed to keep a preemie warm; has a thermostat that rises if his temperature drops

**JAUNDICE:** when an orange substance called bilirubin builds up in the blood because the liver cannot remove it quickly enough; the baby's skin, whites of eyes, and gums might look yellow; treated with phototherapy, which uses light to break down the bilirubin so the body can get rid of it

**NASAL CANNULA:** set of small plastic prongs that fit into the nose to provide oxygen

**NASOGASTRIC (NG) TUBE:** small tube inserted through the nostrils and down into the stomach to suction air and fluid out or to provide breast milk or formula

**OROGASTRIC (OG) TUBE:** small tube inserted through the mouth and down into the stomach to suction air and fluid out or to provide breast milk or formula

**OXYGEN HOOD:** clear plastic tent that fits around the baby's head to provide additional oxygen and warm, moist air if needed

**PULSE OXIMETER:** monitor that uses light to measure the amount of oxygen in the blood; usually attached to the baby's foot

**RADIANT WARMER:** open bed with a heater above it to warm your baby

**RESPIRATORY DISTRESS SYNDROME (RDS):** common breathing problem caused by immature lungs; treated with extra oxygen, ventilator usage, or CPAP

**SURFACTANT:** natural coating substance that helps lungs stay open between breaths; preemies' lungs commonly don't make enough of this substance, causing breathing difficulty

**VENTILATOR/RESPIRATOR:** machine that helps your baby breathe by pushing air into his lungs; uses a small tube that goes directly into the windpipe and is then connected to more tubing and the oxygen source

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## YOUR PREMATURE BABY, VOLUME 2: INTERACTING WITH & FEEDING YOUR BABY

### READING YOUR BABY'S CUES

**E**ven the tiniest babies find ways to communicate with their moms and dads. By watching your baby's skin color, breathing, facial expressions, and movements, you'll be able to tell when your baby is satisfied, when she wants you to interact with her, and when she needs some rest.



When your baby is content, just having you nearby may be enough stimulation for her. A content baby might show these signs:

- Her face looks relaxed and smooth
- Her eyes are open and she seems aware of her surroundings
- She has an even, pink color
- Her limbs are still or moving slowly
- Her hands are partially open and her fingers are relaxed
- She is breathing regularly



When your baby is older and ready to have more direct interaction with you, he might show these signs:

- His eyes are bright, shiny, and alert
- He makes 'ooh' shapes with his mouth
- He pays attention to your face, a moving toy, or your voice for a few seconds
- He tries to lift his head or turn to look at you as you hold him against your shoulder

**TIP:** Take advantage of these periods of increased awareness with some brain-boosting interactions! However, it's important not to do too much at once; try one thing at a time so you don't overload him. You can gaze at your baby so he can focus clearly on your face, his favorite thing to look at! Sing and talk to him quietly; he knows your voice and likes to hear it! He may also like to listen to soft music. Or, wash your hands and just hold him.



If your baby is taking in too much stimulation, called over stimulation, or if something else is bothering her, she might show these signs:

- She frowns and arches her back
- Her skin color is too pale, spotted pink, bluish-gray, or very red
- She yawns, jerks her limbs, spits up, hiccups, sneezes, or cries
- She spreads her fingers or toes or clenches her fists
- She turns her head to look away or shields her face
- Her eyes are very wide open and look panicked or glazed over

**TIP:** If you notice one or more of these signs of stress, your baby is probably ready for some down time. Or, something else may be bothering her, particularly if the monitors also indicate a change in breathing or heart rate. If you can't figure out the source of her discomfort, ask a nurse to check on your baby.

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# YOUR PREMATURE BABY, VOLUME 3: GOING HOME

## CORRECTED AGE MILESTONES WORKSHEET

**A** premature baby's chronological or actual age is determined by his date of birth. A premature baby's corrected age is determined by subtracting the number of months premature he was born from his current age. For example, if a baby was born two months early, at eight months of age his corrected age is six months. (8 months-2months=6 months) So, even though he was born eight months ago, he may act more like a six-month-old baby. Corrected age can be a little confusing at first, but it will help keep you from wondering why your preemie isn't reaching these milestones at the same time as full-term babies.

The following is a list of common first-year milestones. Fill in the actual age in which you can expect your baby to reach them. If your baby is delayed in reaching many of these milestones by his corrected age, seek help from your baby's healthcare provider or a therapist.

### ■ Milestones for 3 Months Corrected Age

My baby will reach these milestones when his or her actual age is: \_\_\_\_ (3 + number of months premature)



- lifts his head and chest when lying on his stomach
- follows a moving object or person with his eyes
- grasps a rattle or other toy when handed to him
- wiggles and kicks with his arms and legs
- turns toward the sound of a human voice
- makes cooing, gurgling sounds
- smiles when smiled at and reacts to peek-a-boo games

### ■ Milestones for 6 Months Corrected Age

My baby will reach these milestones when his or her actual age is: \_\_\_\_ (6 + number of months premature)



- reaches for and grasps objects
- explores by mouthing and banging objects
- sits with only a little support
- rolls over
- opens mouth for the spoon
- imitates familiar actions you perform
- babbles, laughs, and squeals with delight and knows familiar faces

### ■ Milestones for 6-12 Months Corrected Age

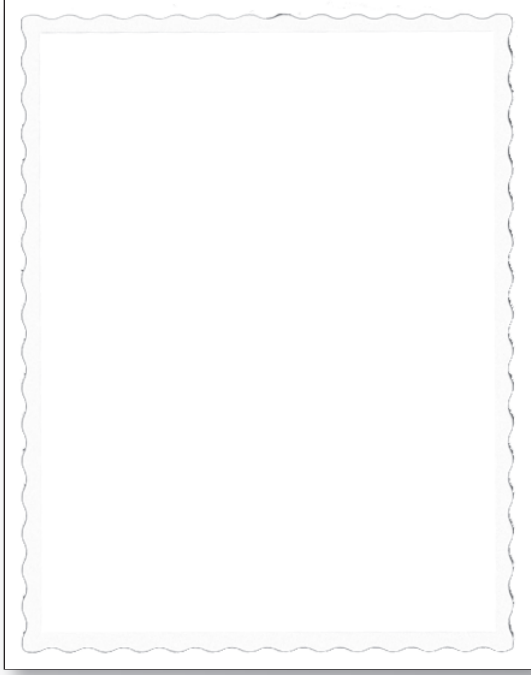
My baby will reach these milestones when his or her actual age is: \_\_\_\_ (12 + number of months premature)



- drinks from a cup with help
- feeds herself finger food like raisins or bread crumbs
- grasps small objects by using her thumb and index or forefinger
- sits well without support
- crawls on her hands and knees
- pulls herself to stand or takes steps holding onto furniture
- says her first word
- shows affection to familiar adults and apprehension toward strangers
- understands simple commands



Hello!



My Name Is: \_\_\_\_\_

I was born on \_\_\_\_\_ at \_\_\_\_\_ weeks.



My birth weight was \_\_\_\_\_.

# My Premature Baby Journal

**K**ee a journal like the one presented in the video. Record your thoughts and feelings and your baby's progress. Use the first entry as a guide and then try your own! You could also try writing your entries as letters to your baby that you can share with him or her in the future.

DATE: \_\_\_\_\_

Today, I am feeling \_\_\_\_\_ because \_\_\_\_\_.

Today, my baby's doing \_\_\_\_\_. I'd like to tell her that \_\_\_\_\_

Some other things that are going on in my life are \_\_\_\_\_

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DATE: \_\_\_\_\_

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DATE: \_\_\_\_\_

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DATE: \_\_\_\_\_

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DATE: \_\_\_\_\_

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# Internet Resources

A Mother's Diary by Menetra Hathorn (ordering information for the book presented in the program)  
[www.amothersdiary.com](http://www.amothersdiary.com)

(she can also be contacted at 903-456-0898, 4529 Stonewall #255, Greenville, TX 75401)

AMERICAN ACADEMY OF PEDIATRICS (children's health guidelines and resources) [www.aap.org](http://www.aap.org)

AMERICAN HEART ASSOCIATION (find CPR classes in your area) [www.americanheart.org](http://www.americanheart.org)

CENTERS FOR DISEASE CONTROL & PREVENTION (public health information and statistics) [www.cdc.gov](http://www.cdc.gov)

NATIONAL CENTER FOR FATHERING (online tips and resources for dads) [www.fathers.com](http://www.fathers.com)

FIRST CANDLE (SUDDEN INFANT DEATH SYNDROME [SIDS] prevention and support) [www.firstcandle.org](http://www.firstcandle.org)

LA LECHE LEAGUE (breastfeeding information and local support groups) [www.lalecheleague.org](http://www.lalecheleague.org)

MARCH OF DIMES (preventing premature birth and help for parents with premature babies)  
[www.marchofdimes.com](http://www.marchofdimes.com)

MEDLINE PLUS (government health information site) [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)

MY PYRAMID (government website with personalized nutrition plans) [www.mypyramid.gov](http://www.mypyramid.gov)

NATIONAL CAPITAL POISON CONTROL CENTER (poison information and hotline) [www.poison.org](http://www.poison.org)

NATIONAL CENTER ON SHAKEN BABY SYNDROME (prevention education about Shaken Baby Syndrome)  
[www.dontshake.com](http://www.dontshake.com)

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION (travel safety and car seat installation instructions)  
[www.nhtsa.gov](http://www.nhtsa.gov)

NATIONAL INSTITUTES OF HEALTH (comprehensive health information and research) [www.nih.gov](http://www.nih.gov)

NATIONAL ORGANIZATION ON FETAL ALCOHOL SYNDROME (facts about FAS and getting help) [www.nofas.org](http://www.nofas.org)

NATIONAL ORGANIZATION OF MOTHERS OF TWINS CLUB, INC.  
(information for parents of twins and higher order multiples, includes links to local support groups)  
[www.nomotc.org](http://www.nomotc.org)

THE NATIONAL WOMEN'S HEALTH INFORMATION CENTER (the federal government's source for women's health issues, including breastfeeding) [www.4woman.gov](http://www.4woman.gov)

POSTPARTUM SUPPORT INTERNATIONAL (postpartum depression support groups and helpline) [www.postpartum.net](http://www.postpartum.net)

RED CROSS (disaster preparedness and CPR classes) [www.redcross.org](http://www.redcross.org)

SAFE KIDS WORLDWIDE (child safety and childproofing tips) [www.safekids.org](http://www.safekids.org)

SEATCHECK (car seat information and inspection site locator) [www.seatcheck.org](http://www.seatcheck.org)

SMOKEFREE.GOV (help with quitting smoking for men and women) [www.smokefree.gov](http://www.smokefree.gov)

U.S. CONSUMER PRODUCTS SAFETY COMMISSION (consumer protection and product recalls) [www.cpsc.gov](http://www.cpsc.gov)

WOMEN, INFANTS, AND CHILDREN (WIC) (federal agency supporting early childhood nutrition)  
[www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)

ZERO TO THREE (child development and parenting information) [www.zerotothree.org](http://www.zerotothree.org)

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