

PREEMIES TODAY

Families Helping Families

NEW EXPANDED FORMAT

PREEMIE OF THE MONTH:

This month's preemie is 3 year old Bailey Beck. Although his parents may have taken a long time to start a family, he could not wait to join them! Here is his story as told by mom, Larissa.

"Are you really pregnant?" My husband asked me with years of hope in his voice. We finally became pregnant after trying for awhile and waiting nine years to start our family. With excitement we looked forward to the future we would be sharing with this child. By the time I was 19 weeks, our excitement changed to uncertainty. At that point in the pregnancy it had been determined I needed a cerclage. My activity level was reduced after the surgery. My doctor assured us that things would be okay as long as I followed my restrictions. My husband and I settled into a boring routine that we hoped would last at least 18 more weeks.

Around 24 weeks, my feet started to swell. At first we weren't concerned, then the swelling got worse. By 30 weeks, I had high blood pressure so my doctor had me work half time. I was able to do that for two weeks before things took a turn for the worse. The morning of my 32nd week I awoke to blood. We went to the hospital where I was monitored for high blood pressure. Once it went down they sent me home. That evening I began to bleed again and this time I went to the hospital to stay. I was monitored for four days. I laid in bed hoping to keep my unborn child in as long as possible. By the fourth day, two things occurred that changed everything.

The first thing that changed my pregnancy status was an ultrasound. This ultrasound determined my water level was low, but I would not know that until later that evening. It was also determined that we were having a boy. Both of us were overjoyed and thrilled we could finally select a name for our child. The second thing that happened that day was that I developed pneumonia. I did breathing treatments, but that didn't help. The combination

of pneumonia and mild preeclampsia was not good for the baby, so at 11 p.m. that night I was woken up and rushed to labor and delivery.

There I was told that I had to have the baby. At first, the doctors thought I could have my cerclage removed and do labor. Since I was on oxygen I didn't think I could do hours of labor. The doctors agreed so they decided to do a c-section after they removed my cerclage. They immediately felt that I needed an emergency c-section and had the nurses pre-



pare me for surgery. I was alone when all of this was decided because I had sent my husband home to try to get some sleep. Fortunately, he was able to rush back to the hospital in time for the surgery.

On May 28, 2003 at 2:03 a.m. Bailey Roger was born. Due to the pneumonia and preeclampsia, he had to be resuscitated. Once he was breathing, he was rushed off to the NICU. I did not see him for almost 36 hours because I was so sick. Bailey's first 24 hours were rough, but he was determined to be here. The first two weeks were hard on Bailey. He wasn't able to keep formula or breastmilk down so he had multiple IV s. After two weeks of this, the neonatologists discovered he had horrible reflux. A combination of medicine and rice cereal helped Bailey

tremendously. Bailey was able to gain weight and take in enough food to not need an IV. He continued to have apnea and brady episodes, but they seemed to be related to his reflux.

After spending a month in the hospital, Bailey was able to come home on an apnea monitor and medicine for acid reflux and kidney reflux. His first month home was not spent at home. Bailey had to see so many specialists we were constantly on the road. After having a test of Bailey's bladder while urinating, it was determined that Bailey no longer had kidney reflux. We were overjoyed and began to feel that things were starting to get somewhat normal. Unfortunately, Bailey's acid reflux did not go away that quickly. He was on the apnea monitor for six months. As for the reflux, he was well over two years old before it finally went away.

Today Bailey is three and half years old. He attends day care as well as special education preschool. Four days a week he rides a bus to a local public school to attend preschool. There he receives speech and occupational therapy. He has made incredible progress in the last year.

Bailey is a typical three year old boy. He loves to climb and enjoys the park. For Christmas this year he received a skateboard which he is trying to figure out how to use and loving every moment on it. Bailey loves animals, numbers, and reading books. Despite his rough beginning, the future looks very bright for our Bailey. We look forward to seeing what he does with his life.

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Editor in Chief

Deborah K Leaf, RN, MSN, FNP

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Preemies Today

P.O. Box 523525

Springfield, VA 22152

Phone/Fax (703) 552-0163

www.preemiestoday.org

For more information about
Preemies Today email us at
info@preemiestoday.org

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Mission of Preemies Today:

Preemies Today is a 501(c)(3) nonprofit organization whose mission is to reach out and provide support to families of infants born prematurely beginning at birth and throughout childhood.

Vision: *We will reduce the stress of caring for a child born prematurely by creating a network of families who offer help, comfort, and understanding to one another.*

Values: *We strive to promote compassion, inclusiveness, understanding and patience.*

What We Do

We offer local in-person support to families of preemies in the extended Washington DC metropolitan area. We provide on-line support to families of preemies located across the country and internationally. Preemies Today is made up mostly of parents of children born prematurely. We network with other parents groups, healthcare providers, therapists, and people providing community resources to obtain information for our members.

Our Programs

Monthly Newsletter

Parent support groups

Online Chats

Preemie Play groups

Family Outings

Preemie Care Packages for NICU families

“Take a Break” program for families in need

“Friend to Talk To” support hotline

Resource Brochures

Online Yahoo group

Do you need

A FRIEND TO TALK TO?



If you are stressed or have questions only
another preemie parent can answer, call us at
1-888-712-3208

Focus of the Month:

Top Ten Things We Learned in the NICU

This month's contributor is Margaret W. Behrns. Margaret's daughter, Nicole, spent four months in the NICU at Georgetown Hospital in Washington, DC. This list was developed to help other families at Georgetown and adapted to apply to all NICU families.

1. Know Who's Who

We met over 100 people during our four month stay in the NICU. At first it was daunting trying to figure out who was who; nurses, techs, residents, doctors, therapists and others would come by to do things to our baby. At the same time we had a bunch of questions about her test results, ventilator, nutrition, etc. Learning the names and roles of all the people who cared for our baby took time and effort, but it really helped. If you know who is responsible for what, you will get the best answers to your questions! For a glossary of NICU health professionals visit: www.marchofdimes.com/prematurity/21278_11031.asp.

2. Jot It Down

The first time a NICU nurse updated me on my baby's status, I was in my hospital room recovering from pre-eclampsia and an emergency c-section. She talked fast and used so many medical terms that I felt caught in a whirlwind. As soon as she left, I reached for my notepad and wrote down as much as I could remember. The next time I saw one of the NICU nurses I asked if they provide anything in writing about my baby's progress, but they explained they didn't do that. So I kept filling up my notepad with the procedures and treatments she received, as well as the special moments we experienced together. It was a great way to stay on top of things!

3. Log it or Blog it!

Each day when I got home from the NICU, I would write up the information from my notepad and send an e-mail to my friends and family. This reduced the amount of time spent on the phone but still enabled me to feel connected. Also, it made them feel more involved, motivated everyone to keep praying, and guided them as to the specific things for which we were praying. It was nice to have a record of how things progressed, as well as the little things she did that made us smile. You can achieve the same result by using text messages or Web pages to blog about your baby. There are sites that allow you to password protect your blog so that you can determine who gains access, such as www.carepages.com, and sites that share your blog with registered members such as www.shareyourstory.org.

4. Give Up the Guilt

Everyone will tell you "it's not your fault." For me, that advice went in one ear and out the other. But then I learned that those feelings of guilt and responsibility are ways to try to gain some control over a situation that is largely out of our control. That helped me a lot and I hope it helps you too. But feelings of guilt have a way of coming back when you least expect them. If you are struggling with guilt it is better to talk to someone about it so that you will be better able to handle any bumps down the road.

5. Be a Survivor

Watching your baby struggle in the NICU is one of the hardest things you will ever have to do in your whole life. When you feel yourself sinking into despair, pick up the phone and tell somebody. Then, say

"yes" when he or she offers to help. If you feel you need to speak with a professional to get through this, the social worker at your hospital may be able to help. You can also call your doctor or health insurance provider for a referral, or one of these national organizations: mental-health.samhsa.gov/databases, www.nmha.org.

6. Buy a Frilly Hat

We had gotten through three scary months in the NICU and were just a few weeks away from taking our baby home when they announced it was time for her hernia surgery. She had come a long way and was just starting to fit into preemie clothes, even if they were still a bit big. We picked out a pretty outfit for her recovery, a flowered yellow dress with a matching frilly hat, and learned that dressing our baby in cute outfits guaranteed lots of visits and oohs and aahs from the staff, visits that made a big difference to Mom and Dad.

7. Go Ahead, Freak Out

Don't worry if you can't handle the little things. You've handled the big things and you are allowed to fall apart sometimes. When babies graduate to the step down nursery, parents can experience a new set of issues. In our step down we were able to get more involved in our baby's care and take her in and out of the incubator without a nurse. However, this new independence can lead to a false sense of control. We noticed that several moms and dads in the step down became frustrated by the shifting feeding schedules and other breaks from the rigid routines they had become accustomed to in the critical care nursery. It is great if you can roll with the new routine, but if you are wondering why the little things irk you, it is just part of the transition from NICU parent to parent. The staff knows this is hard for us so don't worry, and congratulations on being a step closer to bringing your baby home!

8. Accept the Love

The NICU team does more than care for our babies, they love them. Don't doubt that for a minute. We found the NICU staff to be very special people. Nurses are in high demand everywhere, but nurses who work in a NICU have the highest retention rates of all nurses and tend to stay in that specialty throughout their career. They are there because they love what they do and the difference they make in our lives. They truly are our angels and lifesavers.

9. Our Baby Really Is the Cutest Baby Ever!!

We know this is true because the nurses said so. No matter what happens, this is your beautiful baby girl or boy. Enjoy your baby, take pictures, make a scrapbook, whatever brings you joy. A week before we went home we brought in a blank scrapbook and left it at the front desk with a note inviting the nurses to sign it. It was a wonderful way to let the nurse know we appreciated them and wanted to remember them. What they wrote was quite touching and will mean a lot to our child as she grows up.

10. No Pioneers

We are not the first, and we will not be the last to go through this experience. Reach out to the other parents you meet at the NICU and check out online communities such as www.shareyourstory.org and www.preemiestoday.org. We are not alone.

Preemie of the Month Update: Perfect Attendance! A Preemie Grows Up

William Dylan Lundregan arrived, rather unexpectedly and abruptly, at 33 weeks gestation when we realized he was without amniotic fluid, severely IUGR and near death. He entered the world via c-section at 2 lbs., 5 oz., but with strong lungs created by the stress of the environment he faced in utero. He was quickly nicknamed Strong Will. I remember we were so grateful that his lungs seemed to be in such good shape and that it was one issue we didn't have to worry about. Well, life with a preemie is always full of surprises.

Following his six week NICU stay, Will's first year was typical of a preemie's life...full of worry and doctors, medicines and machines, ER trips and hospital stays. With our pediatrician's approval and encouragement, Will had entered day care when he finally came off the monitors. We listened to all the doctors tell us how the exposure to germs of all kinds was good and would build his immune system, but we were doubtful as we struggled with various respiratory issues and the seemingly endless hospital stays. We endured the cystic fibrosis worries and testing. We were "regulars" at the pediatrician's office and the Lung Center. Summers were the best time for Will and his health, but we greeted each Fall with fear as we waited for the cycle to begin again. Nurses started to ask if I was a nurse because I sounded like one by the time Will was two years old. The language and terminology were all too familiar. I reported symptoms and treatment plans like I was reading a book. Pulling in, retracting, nasal flaring, type of cough, Pulmicort dosages, pulse-ox and neb schedules were all part of our regular conversation and daily life.



Will(left), with brothers Connor and Aiden

Then Will turned three and, as we held our breath and waited for another year of worry...nothing happened. Our power preemie was doing it again. He was soon the healthiest kid in class. Hardly a runny nose was seen and he started to sprout and flourish. Will is now 6.5 years old (he would correct me if I just said 6!). He is a first grader, a super reader, a caring brother to his two little brothers...and closing in on a perfect attendance record for the year. Perfect attendance? That cannot be! I can honestly say that in those first three years of endless nebulizer treatments, steroid treatments, ER visits and hospital stays, I would never have believed he could make it through a school year without missing a day. I have probably jinxed us by writing this, but it really has been amazing to watch this child and have him show us over and over again the power of a preemie.

Mary Lundregan is Mom to three amazing boys...Will (33 weeker, 2 lbs. 5 oz., now 6.5 years old), Connor (born FT, now 3.5 years old), and Aidan (born FT, now 14 months old). Will was first featured as the Preemie of the Month in the April 2003 issue.

MOD Volunteer of the Year- Susan Boucher

This year's recipient of the March of Dimes White Family Memorial Communications Volunteer of the Year award is Premies Today own, Susan Boucher. The following is a portion of the speech given by Nate Brown at the March of Dimes awards ceremony in January.

When the news media, civic clubs or legislative bodies want to learn more about the March of Dimes, we prefer to have a volunteer speak on our behalf. I could overwhelm you with facts and statistics. But a person who lives our mission is a more powerful spokesperson. Our super woman in 2006 was Susan Boucher.

Susan visited U.S. senators on Capitol Hill to urge passage of the Premie Act. Weeks later she shared the podium with U.S. senators

Chris Dodd and Lamar Alexander at Capitol Hill activities commemorating Senate passage of the Premie Act. Later, she spoke with Federal News Tonight on Newschannel 8 to speak about the importance of the Premie Act. A woman's place is in the "House," The House of Representatives that is, and that's where Susan headed next, speaking with U.S. representatives to urge House passage of the Premie Act. And early one Saturday morning, I received an e-mail from Susan that the House also passed the Premie Act as one of its last actions last year.

When our new Prematurity Campaign Public Service Announcements arrived, Susan and her family set appointments and delivered radio and TV PSAs to media outlets in Washington, D.C. She also created the audio-visual presentation for Stars in Motion at Prematurity Awareness Day at Inova Fairfax Hospital. She's also a WalkAmerica participant and serves on the local and national

Mission Family Advisory councils.

Tonight, on behalf of the communications and program departments, we present Susan with the second White Family Memorial Communications Volunteer of the Year Award. The award is named for siblings Rita and Leonard White and their parents. Rita and Leonard are polio survivors and spoke on our behalf several times during the 50th anniversary of the polio vaccine. Their parents' dedication to the March of Dimes was passed on to Rita and Leonard. To show our appreciation and to honor their parents, we've named the Communications Award after the White Family.

There are several mission families who are the backbone of communicating our mission to the public and we're thankful for their willingness and time. Tonight we honor Susan Boucher.

Preemies Today Update: Introducing Our New Website!

There's a new way to find out the latest on Preemies Today events and resources. In December 2006 we launched our new website, www.preemiestoday.org. Our original site was developed in 2003 and needed a face lift. With input from the Preemies Today Advisory Board and our members, we added some new features and updated the overall look of the site. In connection with our support to the New Orleans NICU after Hurricane Katrina we also hired a web hosting firm from New Orleans to work with us. It's been a great experience. In the first three months the site has been live, we've had almost 60 new members sign up!

We invite you to go to the new site and browse the new topics: For Kids, Events and Join Us. The For Kids page lists great child-focused resources in the Washington DC metropolitan area such as a kids yoga classes, horseback riding, and infant massage. It also provides ideas for activities you can do with your preemie to help them progress developmentally. For those of you trying to increase the calories your preemie is eating, there is a recipe to try.

The Events page has a calendar of events. Support groups, outings, and special events are listed. If you'd like to attend events, this is the place to find RSVP information. The Program page continues to provide information on all the ways we can support you or how you can get more involved.

We've added an online sign up page to make it easy for you to join our group. If you are a new member that has not already signed in at the site, please do. If you are a long time member, we'd also appreciate it if you'd sign in online. We are updating our member database so we can serve you better. There's a comment section in the form where you can tell us what you are interested in getting from Preemies Today support.

Last, but definitely not least, we included a revised resource page with links to local and online resources for preemie support. We're continually updating the links, so please send us information about preemies resources you have found useful. Categories we focus on include private therapists and early intervention, preemie books, and sources for medical supplies.

An extension of our website is our Preemies Today Yahoo group. If you'd like to interact with the group online you can join this group. It allows you to send messages and questions to the other members and get quick responses. Popular topics in the past have been how to get ready when you're preemie is being released from the NICU, sensory integration, developmental issues, and my favorite, how great our preemies are doing! The link to join our group is found on the Program Page.

If you have questions about the site or ideas for further improvement email our webmaster at webmaster@preemiestoday.org. We look forward to seeing you online!

Ask the Expert:

Dear Expert,

My daughter is three years old and just aged out of early intervention. She had a PT coming once a month who was working with her on running and jumping. She does not qualify for the preschool program and I don't know what to do next. Her PT said she was doing well, but I don't know if I need to take her to a private therapist. What is the next step after early intervention?

-Confused Mom in Fairfax

Once early intervention ends, most children either transition to the schools, graduate from therapy services, or receive private therapy services. If you continue to be concerned about your daughter's gross motor skills, then you should have her assessed through a private therapist or you can also contact the Health Department. The Health Department does provide physical therapy services based on a sliding fee scale, similar to Early Intervention. You could contact them to determine the availability of services. For Fairfax County, you can contact them at 703-246-7120 in the Speech and Hearing Department. Instead of formal physical therapy services, you could enroll your daughter in age appropriate gross motor activities that focus on balance, coordination, and strengthening. Suggestions include: gymnastics, dance, swimming, and karate. The county programs are relatively inexpensive. Programs such as My Gym, The Little Gym, and private dance/gymnastic clubs offer a variety of programs although they are a little more expensive. Finally taking your daughter to the playground is a great opportunity for her to develop coordination and strength.

Dear Expert,

My son was born at 34 weeks and is now 13 months old. My big concern with him is that he does not crawl, he scoots along on his bottom. All the other kids in his play group are at least starting to walk and he does not even pull up that much. My pediatrician says that it is normal not to crawl and that he has until he is 18 months to walk. I am getting a lot of comments from friends and family that his scooting is bad and that he should be starting to walk. What should I do?

-Worried in Virginia

It is true that not all children crawl and there is a variety of ways that children learn to become mobile in their environment. It is good that your son has learned how to become mobile. However, crawling on hands and knees can be important for development of shoulder and arm strength, as well as bilateral coordination and visual development. There is no need to be concerned that your son is not yet walking. The normal range for walking is 9-16 months. Your son may be having difficulty pulling up to stand as it is difficult for him to transition from a sitting position to standing. Most children this age will pull up to stand from a hands and knees position. There are a variety of activities that you can do with your son to promote crawling on hands and knees, including: crawling up stairs, crawling over your leg to reach for a toy, and crawling over pillows. If you have concerns with your son's development you can have him evaluated through early intervention or a private physical therapist.

This month's Expert is Colleen Wood, MPT. Ms. Wood is an experienced Pediatric Physical Therapist working in private practice. If you have a question for an "expert," email it to newsletter@preemiestoday.com. We will find an expert in the field to answer it for you.

Local News:

March Event: Mom's Night In!

Preemies Today will be hosting a Mom's Night In on Saturday, March 24 at 8pm. It will be a dessert potluck, so everyone bring your favorite treat! Mom's Nights are a great time to take a break and have a little fun with other moms. It will be in Reston, close to the toll road. For all you Maryland folks who think anything beyond Tyson's is too far, it is only about ten minutes farther, so no excuses! Please RSVP to deborahleaf@preemiestoday.org for the address and directions.

Preemies Today named March of Dimes "Volunteers of the Year"

Preemies Today was honored in a ceremony in January celebrating March of Dimes volunteers. We received the award based on the many programs that we participate in with the March of Dimes, including raising over \$35,000 at Walk America last year. The other programs include:

- Prematurity Awareness Day Sponsor
- NFS Project advisors
- Mission Family Advisory Council
- Peer to peer visiting
- Operation Premie members
- Family newsletters

Thank you to all our hardworking volunteers and member families who are the reason we received this honor.

Preemies Today Walk America Team

Join us for the March of Dimes WalkAmerica 2007. Preemies Today is walking in Washington, DC, on Sunday April 29. Join the Preemies Today Team or start your own Family Team. Your Family Team can be a subgroup of the Preemies Today Team. Simply email susan.boucher@starpower.net with the name of you Family Team. Family Teams have the opportunity to create a scrapbook page to celebrate and remember their preemie. The pages will be displayed at the Walk. For more information on Family Teams contact Dona Dei, Program Director at the March of Dimes National Capitol Office at 703-824-0111 or ddei@marchofdimes.com.

Preemies Today and Local Support Programs:

"A Friend to Talk to"

Our "Friend to Talk to" support line is up and running. Please feel free to give us a call and one of our preemie parent volunteers can offer you some much needed support. The support line telephone number is 703-552-0163, or toll free number at 1-888-712-3208.

NICU Support Group

INOVA Healthsource is continuing to offer a NICU Support group for NICU families at INOVA Fairfax. The meetings are held on the unit and vary month to month. The group is led by Lynn Kuba, RN and is a great opportunity to talk about your experience in the NICU. For more information contact INOVA Healthsource at 703-204-3366.

Take a Break

Preemies Today offers meal preparation assistance and additional support for preemie families in crisis. If you are in need of assis-

Walk America Sites for 2007

Virginia-

- Springfield- 4/22
- Reston- 4/22
- Manassas- 4/22
- Leesburg- 4/29

Maryland-

- Prince George's County- 4/21
- Charles County- 4/29
- Rockville- 5/6

Washington, DC- 4/29

Health Professional of the Year: Call for Nominations

Preemies Today is currently accepting nominations for our annual Health Professional of the Year Award. This is a great way to thank someone who went above and beyond for you and your preemie. Please submit an essay of no more than 500 words about your nominee. The nominee can be a nurse, doctor, therapist, or any other health professional that cared for your child in the NICU or after discharge. Just let us know why they are special and how they help preemies and preemie families. All submissions must be received by April 1, 2007 to be considered. Please submit your entry to DeborahLeaf@preemiestoday.org.

Preemies Today Golf Tournament

Preemies Today is thrilled to announce that they will be joining Team Katelyn in the 2nd Annual Team Katelyn Golf Tournament on April 4th, 2007 at Lansdowne Golf Club in Lansdowne, VA. Last year's golf tournament raised \$16,000 for the March of Dimes Walk America Campaign. This year Preemies Today and Team Katelyn hope to exceed this total. All proceeds will go to March of Dimes Walk America 2007 and to Preemies Today to help support its programs such as the telephone-support line, support groups, and the Premie Care Package Program. To participate in the golf tournament, assist with sponsorship or silent auction donations you can sign-up online at the golf tournament's website at www.katelynsjourney.com. Auction items such as sports tickets, sports paraphernalia, restaurant gift cards, wine, and spa packages would be greatly appreciated.

tance or would like to volunteer to help others, please contact Susan at SusanBoucher@preemiestoday.org.

Preemies Today Online Chat

Join us for our monthly online chats. This is a great outlet for new parents who still can't get out for our support groups. For more information contact Julie at JulieKipers@preemiestoday.org.

Local Support Groups

Local support groups are going strong! On every 2nd Wednesday at 7:30 pm we hold our local support group meetings. For more information email Stephanie at StephanieMiller@preemiestoday.org.

Yahoogroup!

Come and join our yahoogroup and meet some of our wonderful parents where you can exchange information on preemie parenting. You can subscribe at <http://groups.yahoo.com/group/PreemiesToday/>

Helpful Resources:

National Resources

Social Security Administration:

1-800-772-1213

www.ssa.org

Many premature infants qualify for Social Security Disability, regardless of the parents income. Ask your NICU social worker or contact the SSA to see if your child qualifies.

March of Dimes

1-800-326-BABY

www.marchofdimes.com

The March of Dimes has a wealth of information about preterm labor and premature birth. It is also a great place to start in looking for support in your area.

Sidelines National Support

1-888-447-4754

www.sidelines.org

Sidelines provides support for pregnant women on bed rest and those dealing with the after effects of bed rest.

SIDS Mid-Atlantic

(703) 933-9100

www.sidsma.org

Look here for information on how to prevent Sudden Infant Death Syndrome. SIDS Mid-Atlantic also provides support for families who have lost an infant.

Metro Washington, DC Resources

Social Services- Virginia

Alexandria- (703) 838-0700

Arlington County - (703) 228-1550

Fairfax County- (703) 324-7500

Fauquier County- (540) 347-2316

Loudoun County- (703) 777-0353

Manassas City- (703) 361-8277

Manassas Park - (703) 335-8898

Prince William County- (703) 792-7500

Social Services, Maryland

Montgomery County- (240) 777-1245

Prince George's County- (301) 909-7025

Social Services, Washington, DC

Department of Human Services- (202) 671-4200

Early Intervention/ Infant Toddler Connection

This is a federally mandated program available in every state to screen and treat children under the age of 3 for developmental disabilities and delays. If you have any concerns about your preemie's development, contact your local office to have your child tested. Services are covered by most insurances and are billed on a sliding scale.

Virginia

Alexandria- (703) 838-5060

Arlington County- (703) 228-1630

Fairfax County/Falls Church City- (703) 246-7121

Loudoun County- (703)-777-0561

Prince William- (703) 792-7879

Washington, DC- (202)727-8300

Maryland

Montgomery County- (240) 777-3997

Prince George's County-(301) 265-8415

WIC

Provides food, nutrition counseling, and access to health services to low-income women, infants, and children under the Special Supplemental Nutrition Program for Women, Infants, and Children, popularly known as WIC.

Virginia

Manassas- (703) 792-4703

Woodbridge- (703) 792-7319

Springfield (703) 569-1031

Mount Vernon (703) 660-7100

Fairfax- (703) 246-7100

Washington, DC- (202) 645-5662

Maryland

Montgomery County- (301) 762-9426

Prince George's County- (301)856-9600

**For a more complete listing of resources please go to:
www.PremiesToday.org**

Membership/Subscription Information:

We offer the Premies Today newsletter, family outings, parent support groups, preemie playgroups, and "A Friend to Talk To," our call-in line for parents and families of preemies. Membership in our organization is free.

For a free subscription to our newsletter and to join Premies Today please email us at info@premiesto-day.org or you may go to our website at www.PremiesToday.org and click on "Join us."

In this Issue:

Preemie of the Month:
Bailey Beck

Focus on:
10 Ways to Survive the NICU

Local News:
March Mom's Night Out

This newsletter was funded by a Community Grant from the March of Dimes. This material is for information purposes only and does not constitute medical advice. The opinions expressed in this material are those of the author(s) and do not necessarily reflect the views of the March of Dimes.

PREEMIES
TODAY

*P.O. Box 523525
Springfield, VA 22152*

Do you need to talk to someone who understands the preemie experience? If so, call the "Friend to Talk to" line at **1-888-712-3208**