

Mission

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.

What We Do

We offer local support to families of preemies in the extended DC metropolitan area. Preemies Today is made up mostly of parents of children born prematurely. These are some of the programs we currently offer:

Preemies Today Newsletter A monthly publication focused on issues dealing with the health and development of preemies and other issues important to their families

Family Outings Monthly get-togethers for families to have the opportunity to meet other families and share experiences

Parent Support Groups Support group meetings for parents and relatives to help us cope with the challenges that come with raising a child born prematurely

Preemie Playgroups Playgroups geared specifically towards the needs of preemies

Online Chats A chance to ask questions and share with other parents.

A Friend to Talk To Call us at 888-712-3208 if you want to talk with people who have experienced the same things you have.

Contact

Toll-free: 888-712-3208 Local: 703-552-0163
preemiestoday@yahoo.com
www.preemiestoday.com

Our web site lists many resources and is a great place to start.

This material is for informational purposes only and does not constitute medical advice.

PREEMIES
TODAY

P.O. Box 523525
Springfield, VA 22152
www.preemiestoday.com

Helpful Resources
for Families
of Newborn Preemies

PREEMIES
TODAY

Families Helping Families

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



Resources

Members of Preemies Today have compiled this list of resources. It is not meant to be comprehensive or in-depth, but is instead a starting point for your own research.

General Preemie Books

Coming to Term: A Father's Story of Birth and Continued Existence by William H. Woodwell

Infant Massage; A Handbook for Loving Parents by Vimala McClure

Kangaroo Care by Susan Luddington-Hoe

Living Miracles: Stories of Hope from Parents of Premature Babies by Kimberly A. Powell, Kim Wilson, and Jeffery Thompson

Newborn Intensive Care: What Every Parent Needs to Know by Jeanette Zaichkin

Premie Parent's Companion: The Essential Guide for Caring for Your premature Baby in the Hospital, at Home, and through the First Years by Susan Madden

Preemies: The Essential Guide for Parents of Premature Babies by Dana Wechsler and others

The Premature Baby Book by Helen Harrison

Your Premature Baby: The First Five Years by Sandra Lousanda

Your Premature Baby and Child by Amy Tracy and Dane I. Maroney, RN.

Coping with Prematurity

www.preemiestoday.com
www.marchofdimes.com
www.pediatrics.wisc.edu/patientcare/preemies/nicu

Apnea/Bradycardia

<http://kidshealth.org/parent/medical/lungs/aop.html>
www.emedicine.com/ped/topic1157.htm
www.chkd.org/Respire/apneapre.asp

BPD/Pulmonary Issues

www.lungusa.org
www.kidshealth.org/parent/medical/lungs/bpd.html
<http://depts.washington.edu/growing/Assess/BPD.htm>

Feeding Tube/Aspiration

<http://depts.washington.edu/growing/Feed/Aspir.htm>
www.modimes.org/nicu/5430_6076.asp
www.infantrefluxdisease.com/tubefeeding.htm

GERD

www.cdhnf.org
www.Reflux.org
www.infantrefluxdisease.com

Infection/Sepsis

www.chw.org/display/PPF/DocID/3412/router.asp
www.ubhtnicu.com/Medical/conditions.htm

IVH/Cerebral Palsy/Hydrocephalus

www.mverive.com/ivh.htm
www.ucp.org
www.hydrocephalus.org/facts
www.ninds.nih.gov
You can search various neurological conditions with information for the National Institute of Health

Jaundice/Hyperbilirubinemia

www.medicinenet.com/jaundice/article.htm
www.ehendrick.org/healthy/003243.htm

NEC

www.pedisurg.com/PtEduc/NEC.htm
www.neonatology.org/syllabus/nec.html
www.ehendrick.org/healthy/003243.htm

PDA/Heart Defects

<http://tchin.org>
www.pediheart.org/parents/defects/index.html

ROP

www.ropard.org
www.lowvision.org/retinopathy_of_prematurityxx.htm

RSV

www.rsvprotection.com
www.rsvinfo.com

Postpartum Resources

Websites:
www.postpartumstress.com
www.postpartum.net
www.the-bright-side.org

Books:
The Post Partum Husband by Karen Kleinman

Grief and Loss

Websites:
www.Centering.org
www.marchofdimes.com/pnhec/572.asp
www.compassionatefriends.org
www.Nationalsshareoffice.com
www.missfoundation.org *also en Espanol*

Books:
Help, Comfort and Hope After Losing Your Baby in Pregnancy or the First Year by Hannah Lothrop & Jane Marie Lamb

Silent Grief: Miscarriage Finding Your Way Through the Darkness by Clara Hinton

