



Austprem Ink Nursery News

Providing friendship,
information and support
for families of premature
babies and children.

Visit our website

www.austprem.org.au

Recording your Nursery Memories

These suggestions were compiled from ideas and comments put forward by many Austprem members.

Please always check with your doctor or nursing staff should you have any questions or concerns.

Remember to take lots of photos, including some that show all the equipment that surrounds your baby - they may be interested in it when they are older, it can be easy to just take photos of your baby's beautiful face when the NG tube is out for example, but get a couple with it in too.

Try to take photos that have something constant in them, such as a doll or teddy bear, for a size comparison. You can keep including the item at regular intervals, and it helps you to see how small your baby was, and how much they have grown.

If your baby is small enough you could put your wedding ring, or other ring, over their arm like a bracelet.

Consider a camera with date/time stamps on the photos so you know when they were taken - it can be difficult to keep track.

You might want to see if you can leave a disposable camera with your baby for the nurses to take pictures with (however keep in mind that the quality may not be great, and it may go missing).

If you have twins (or more), try to include something constant in each photo so that you know which baby is which.

Keep a diary or journal and try to write in it as often as you can. It is great to try to include some personal things like how you are feeling and thinking, and what is going on with you.

If you find it difficult to start a journal you could try just including some of the more medical information such as how much oxygen your baby is on and their current weight, and then move onto more intimate details when you can or if you want to.

When you are feeling like your baby isn't progressing, being able to look back to where they were a month ago can show you how far they have come.

Another idea is to leave some pages for the nurses to write on that you can stick in the book, just a couple of sentences is enough (they probably won't have time for much else).

Join Austprem and WIN!

Families who join Austprem, and still have a baby in hospital, will be entered into our monthly draw to win a great prize.

On offer is an earlybirds gift set including hat, booties, singlet and jumpsuit valued at \$69.95 (pictured left).

You will be able to choose which colour you would like and may substitute the Jumpsuit for either an Isolette suit or Body suit if you wish.



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Austprem Inc.

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Joining Austprem

Austprem is an Internet based support group.

To join Austprem Inc., you will need to go to <http://www.austprem.org.au/about/membership.html> and fill out the online membership form.

To access the online forums and chats (where most of the Austprem "action" happens), you will need to follow the steps at <http://www.austprem.org.au/sharing/forum/forums.html> to register with mc2 and subscribe to the Austprem group.

Join now - it is a great opportunity to share with others who have "been there" and who can understand your experiences

Membership is FREE!

About Austprem

Austprem is a non-profit organisation in Australia. Those involved have all experienced, or been closely involved with the experience of prematurity. Our members have a broad range of experiences and so are able to offer support to other parents. We do not give out medical advice.

Austprem has an online Forum/Message Board which is available 24 hours a day, 7 days a week. Members can post and receive messages via the internet which makes it ideal for many parents, including those who are geographically isolated, those who find it difficult to get out of the house and those who see the internet as a quick and easy way of finding information and support.

We think it is important for those caring for prems to be able to communicate with each other as many of the issues and concerns faced are different to those encountered by parents of full term children.

As well as offering the Forum, Austprem holds regular chat sessions as well as occasional get-togethers. The chat sessions offer members a way to get to know each other better as well as sharing information and advice in real time.

We aim to support in any way we can parents and caregivers of other premature infants and children.

"I found a wealth of support and information from other members and made a lot of friends...Whenever something happens the first place I turn to for comfort and support is Austprem because I know everyone there has some idea of what I am going through...I would be lost without Austprem"

Nadine

Copies of this and other Austprem Inc. Newsletters may be found on the Austprem website at:

<http://www.austprem.org.au/newsletters.html>

Disclaimer

Please note that Austprem Inc. does not recommend that any interventions are made to any baby or child without the knowledge and assent of the child's doctor or other health care provider.

Austprem Inc. cannot be held liable for the actions of any person based on information that Austprem Inc. has provided.

Please check with your doctor or health care provider as to what interventions are appropriate for YOUR baby.

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