



## Preemie Resources for Parents

### Facebook Groups

Preemie Support and Awareness:

<https://www.facebook.com/PreemieSupportandAwareness/>

Octopus for a Preemie:

<https://www.facebook.com/octoforapreemieus/>

### Blogs

Well Rounded: Life After the NICU

<http://wellroundedny.com/life-after-the-nicu/>

### Articles

NPR: Kangaroo Care Helps Preemies And Full Term Babies, Too

<http://www.npr.org/sections/health-shots/2017/01/23/510465435/kangaroo-care-helps-preemies-and-full-term-babies-too>

### Breastfeeding

Kelly Mom: Breastfeeding Your Premature Infant

<http://kellymom.com/ages/newborn/nb-challenges/preemie-links/>

Le Leche League: Breastfeeding Premature Infants

<http://www.la lecheleague.org/nb/nbpremature.html>

Well Rounded: 8 Tips to Help Your Breastfeed in the NICU

<http://wellroundedny.com/tips-help-breastfeed-nicu/>

### Support Groups & Organizations

[NICU Helping Hands](#)

[Support 4 NICU Parents](#)

[Hand to Hold](#)

[NICU Healing](#)

[Pebbles of Hope](#)

[Grahams Foundation](#)  
[March of Dimes](#)

### **Therapists**

Olivia Bergeron, LCSW of Mommy Groove  
(does home and hospital visits for individuals and couples)  
[www.mommygroove.com](http://www.mommygroove.com)  
917-397-0323

### **Books**

Ready for Air by Kate Hopper  
Anchored: Finding Hope in the Unexpected by Kayla Aimee (for people of faith)  
Half Baked: The Story of My Nerves, My Newborn, and How We Both Learned to Breathe by Alexa Stevenson (humor)  
Preemie: Lessons in Love, Life, and Motherhood by Kasey Mathews  
Go Premies! Inspirational Stories of the World's Most Famous Premies by A.P. Male

### **Products // Gear**

Every Tiny Thing  
Products are one-of-a-kind, designed specifically for the NICU.  
<http://www.everytinything.com>

Insulated Cooler Bag for milk storage and transportation  
Packit: <http://www.packit.com>

Hands free pumping bra  
Dairy Fairy: <http://shop.thedairyfairy.com/>  
Simple Wishes: <http://simplewishes.com/>

Kangaroo Care Shirt  
Hudlo: <http://hudlobaby.com/index.php>  
Nuroo: <http://nuroobaby.com/product/short-sleeve-pocket-black/>  
Milk & Baby: <https://www.milkandbaby.com/collections/kangaroo-care>

### **Milk Bank Info (donor milk)**

The New York Milk Bank: <http://www.nymilkbank.org/>  
Mother's Milk Bank Northeast: <http://milkbankne.org/>

## **Updating Family and Friends**

Care Pages: <https://www.carepages.com/>

## **Helpful Gifts:**

Air BnB Gift Card: [www.airbnb.com/gift](http://www.airbnb.com/gift)

Lyft Gift Card: [www.lyft.com/gift](http://www.lyft.com/gift)

Seamless Gift Card: [www.seamless.com/giftcards](http://www.seamless.com/giftcards)

Amazon Gift Card: [www.amazon.com/gift-cards/b?ie=UTF8&node=2238192011](http://www.amazon.com/gift-cards/b?ie=UTF8&node=2238192011)