



# Austprem Ink

## AT A GLANCE

*Austprem Inc. is a major national Internet based support group which now has well over 700 members!*

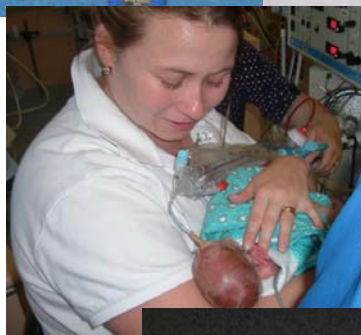
## WHAT YOU'LL FIND IN THIS ISSUE

Austprem Forums and Message Boards	2
Caleb - champion gymnast	3
Mitchell - champion soccer player and swimmer	4
Samuel - champion survivor	5
Emily - champion miracle	5
National Premature Birth Awareness Week	6
AGM Notice	7
In the News	8
Cooler bags now available	9
Austprem says, "Happy Birthday"	10
Chat Information	12
Austprem Ink Puzzle Corner	13

Volume 6 Issue 2

Premature birth, babies and beyond

## Austprem Champions



"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."

## Joining Austprem

Austprem is an Internet based support group.

To join Austprem Inc., you will need to go to

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

and fill out the online membership form. To access the online forums and chats (where most of the Austprem “action” happens), you will also need to follow the steps at

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

to register with mc2 and subscribe to an 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!

Any information provided to Austprem is held in confidence and will not be used for any other purpose or given out to any third party without your permission.



PremiePress

PremiePress is a publication for those who are interested in the development of premature infants and prematurely born children.

For further information and subscription details please contact:

**Carol Newnham**

[carol.newnham@austin.org.au](mailto:carol.newnham@austin.org.au)

Clinical & Health Psychology

1st Floor, South Wing,

Centaur Building

Heidelberg Repatriation Hospital 300

Waterdale Road

Heidelberg West VIC 308

## Austprem Forums / Message Boards

### → [Austprem - Forum](#)

Austprem provides a forum for Australian and N.Z. parents and caregivers of premature (or preterm) babies to discuss the issues and experience of prematurity in a local context. We welcome parents, extended family, NICU and MCH nurses and any interested health professionals. Through Austprem, families who have experienced the complex challenges of parenting a premature baby, reach out to other families facing this journey and offer friendship, information and support. Medical professionals are encouraged to participate in the discussions both to learn about the parental experience of prematurity and to offer insight and understanding.

### → [Austprem - Pregnancy Support Group](#)

The Austprem – Pregnancy Support Group has been set up for those who are contemplating or experiencing a pregnancy following a preterm birth, and for those at risk of giving birth prematurely.

Everyone is welcome to join Austprem – Pregnancy Support Group. You might be pregnant again, you might just be thinking about another pregnancy or you might have already completed a subsequent pregnancy and want to support someone else who is just starting on the journey. Sharing your thoughts and experiences might just help another mother, and support is what Austprem is all about.

### → [Prematurity in the Press](#)

This Austprem group is an online forum where summaries/abstracts of articles in journals, print/online media and book reviews etc that feature issues about prematurity are posted. Where possible links to the full text of the article will also be included, but this depends on the availability of the article and Copyright. This group is a semi-public group, non-members are able to read forum, but only members can post articles to the group and join in any subsequent discussions.

Take a look at

<http://www.austprem.org.au/forums.html>  
for information on how to join any of these Austprem Forums

## Caleb - champion gymnast

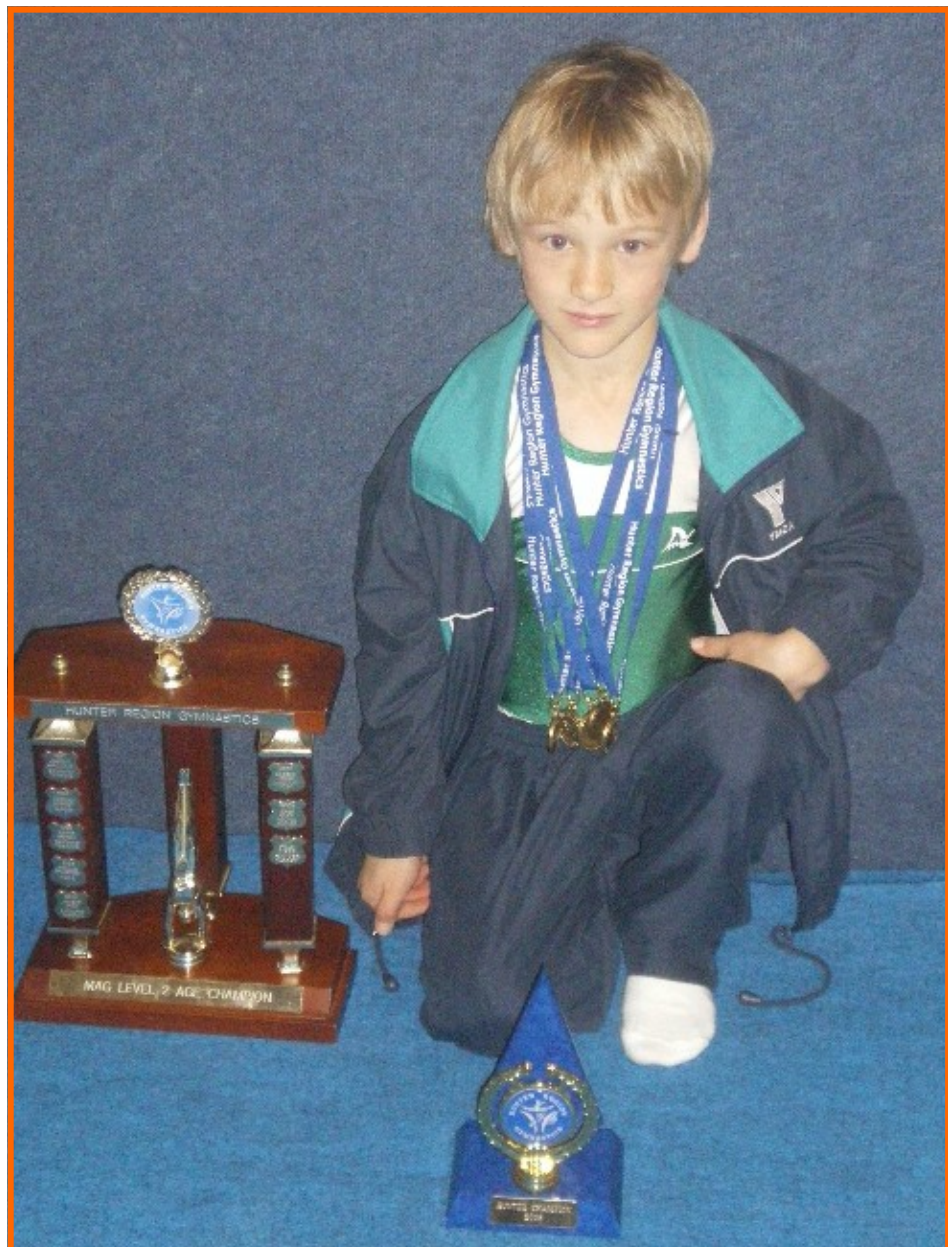
Caleb Alan Jones was born on 28th April 2000 at 30weeks weighing 1620g. He had a relatively uneventful 7week stay in NICU and it was after discharge that Caleb faced his biggest hurdles.

First when he caught the RSV bug at 9weeks actual which caused him to stop breathing at home and my husband and myself had to perform CPR, it also landed him back in hospital for another 3weeks with 2 collapsed lungs on the ventilator. Then when he was 2yrs old he had a poisoning accident and had severe acid burns in his airway and lungs, the only thing that saved his life that day was the brilliant surgeon who performed a tracheostomy.

From Caleb's early traumas I always said he was destined for great things because there had to be some reason why after so many times of coming so close to losing him that he survived each and every time but I never thought it would be what Caleb informed my husband and myself only a couple of months ago: "I was born to do gymnastics and be an Olympic champion". So far he is heading in the right direction having just won the 2008 Hunter Region Men's Artistic Gymnastics Level2 U/8's Championship, bringing home 5 gold medals from 6 apparatus and the over-all champion trophy.

*I can't help but think how far he has come in the last eight years.*

All that's left this year is to conquer the NSW State Championships and Country Championships. His coach is also expecting him to be selected for the NSW State Development Squad next year which means every 2months Caleb will train with the NSW Institute of Sport for the weekend. I'm so very proud of my 'bubba' and every time I see him swinging around on the rings or hand-standing on the parallel bars I can't help but think how far he has come in the last eight years.



## Mitchell - champion soccer player and swimmer

Mitchell and his twin, Antony, were born at 29 weeks on April 12, 2000. Mitchell weighed 1339g and Antony weighed 1191g. Antony passed away at birth due to acute TTTS. Mitchell spent 10 weeks in hospital and came home on oxygen for 9 months. He had intensive speech therapy for 2 ½ years and a small amount of physiotherapy. He is now 8 years old and his school results are excellent with him excelling in maths, science and technology.

Mitchell plays soccer for Mt Gravatt Hawks in Brisbane. Out of the 75 Under 8 players, the club has selected about 15 players who were ready for a little bit more advanced skills training and Mitchell is one of those. He has so far scored over 40 goals this season.

He attended a Brisbane Premier League game at the Brisbane Strikers about a month ago to watch his eldest brother play and there was a penalty shootout competition at halftime for Under 9s and younger. Mitchell participated and even though he wasn't officially the winner (a player from the home team was given the prize), he did score the most goals and was named the winner by our club.

Mitchell has found swimming a challenge but this year he was promoted to Level 4 and will be learning butterfly meaning he will be capable of swimming all 4 strokes. I am constantly amazed by the efforts of my little guy and can hardly believe he was once my tiny little baby who wasn't expected to live.



*Mitchell with Qld Roar player, Massimo Murdoca, taken earlier this year. As you can see, Mitchell is quite tall for his age and is the second tallest in his class.*

## Samuel - champion survivor

Sam was born at 23 weeks and 6 days on the 24<sup>th</sup> of August, 2007. He spent 118 days in the hospital and was out just after his due date which was just before Christmas, a fantastic Christmas present.

Sam is now nearly 12 months old, 8 months corrected and doing wonderfully (sitting unsupported at times and trying to crawl forwards but only going backwards!!).

His latest accomplishment is the progression from a nasal gastric tube to eating solids, although it hasn't enticed him to drink anything!! It is so nice to see his little face without tape on it.



"Some people quietly make a difference in our lives and will always be heroes unaware."

*Flavia*

## Emily - champion miracle

Emily was born at 28 weeks and 6 days weighing 1.1kgs. She was breathing on her own from day 1 and was only on CPAP for 9 days.

Emily was discharged after 69 days and now weighs 2.96 kgs.

Emily is our little miracle baby after eight long years of trying.



# National Premature Birth Awareness Week

24 - 30 November 2008

Mark it in your diaries now and  
start organizing your event!

## Some ideas include:

have an "orange" themed morning tea with your colleagues or friends

suggestions include : orange cake; fruits such as mango, cantaloupe, mandarins, oranges, peaches, apricots (and anything flavoured with any of these); muffins with any of the orange fruits; orange icing on any type of cake; carrot cake; carrots and dip (maybe roasted capsicum, or something else orange); cheezels/twisties/cheese flavoured snacks; cheese platter - red leicester would look great; orange jelly. Be inventive and see what interesting orange food you can come up with! (we'd love to see photos)

have a **free dress day**

either at your work or your children's school, with an orange (gold) coin donation, you could also sell BORN EARLY Ribbons

**get together**

with some friends or family, your Mothers' group, Kinder mums or School mums or dads; go to a play centre or a playground, or just to someone's house; collect an orange (gold) coin from each person; every little bit helps

**sell BORN EARLY Ribbons**

at your work or school

*Donations of \$2 and over are tax deductible. If you would like a receipt for your donation, make sure your event organiser has your name and email or postal address and the amount you donated and a receipt will be forwarded to you. Donations made via the website will receive receipts from the information supplied when you donate.*

Thank you for your support!



National Premature Birth Awareness Week

24 - 30 November

[www.bornearly.org.au](http://www.bornearly.org.au)



Austprem Inc.

Official Notice is given of the

**Annual General Meeting**

to be held on

Sunday 31<sup>st</sup> August 2008

at 6:30pm (WA) / 8:00pm (SA & NT) / 8:30pm (AEST)

in the Austprem Chat Room

(if you are not a member of the Austprem group on mc2, you will need to join before the meeting to access the Chat Room there)

All nominees for positions, as well as those wishing to nominate someone or to vote in any election, must be registered members of Austprem Inc.

To register, please complete the form at

<http://www.austprem.org.au/about/membershipform.html>

This must be done by **5:00pm, Sunday 24<sup>th</sup> August 2008.**

For further information please see the Austprem Forum and AGM\_2008.doc in the Shared Files area

## Great Resource!

Parenting Your Premature Baby and Child

*The price remains at \$44.95 (including delivery to your door)!*

To order your copy, please email [austprem@austprem.org.au](mailto:austprem@austprem.org.au)

or visit <http://www.austprem.org.au/promotion/books.shtml>



## In the News

### Increased risk for disabilities after preterm birth

“Premature birth is associated with various life-long problems. Still, many premature children seem to function very well as adults according to a new large and comprehensive study from Norway.”

[http://www.innovationsreport.de/html/berichte/medizin\\_gesundheit/bericht-114710.html](http://www.innovationsreport.de/html/berichte/medizin_gesundheit/bericht-114710.html)

### BJOG Release: Stop Smoking If You Are Pregnant

“New research to be published in *BJOG: An International Journal of Obstetrics and Gynaecology* examines the results of maternal smoking on birth outcomes.

Previous studies have focused on the consequences of smoking during each pregnancy, in isolation. This new study analysed outcomes according to whether women continued to smoke in successive pregnancies, or managed to give up smoking after their first pregnancy. Previous pregnancy outcomes were compared to subsequent pregnancy outcomes in the same sample population.”

<http://www.medicalnewstoday.com/articles/118242.php>

### Moms smoking during pregnancy increases preemies' breathing problems: study

New research indicates premature infants whose mothers smoked during pregnancy had a higher heart rate and more trouble breathing than preemies whose mothers didn't smoke.

<http://www.cbc.ca/canada/calgary/story/2008/08/29/sids-preemies-babies-smoking.html>



### Amniotic fluid infections linked to premature births

“Researchers find a greater number and variety of bacteria and fungi in a notable portion of women with pre-term deliveries. The more severe the infection, the earlier they were likely to give birth. “

<http://www.latimes.com/features/health/medicine/la-sci-amniotic30-2008aug30,0,3949554.story>

“There are only two ways to live your life :  
one is as though nothing is a miracle,  
the other is as though everything is”

Albert Einstein





Proudly sponsored by Earlybirds  
and Aromababy

## Cooler Bags now available.

**Great for transporting your precious  
breast milk to hospital**

Purchase a cooler bag directly from Austprem!  
Our bags feature an adjustable long carry strap,  
handy front pocket for keys, phone, loose  
change etc and fit around 6 bottles.

Also fantastic for picnics and as a lunch bag.

Available filled with an assortment of goodies  
and vouchers for your new baby, including an  
Earlybirds hat and an Aromababy sample; or  
unfilled.

**\$15 Filled      \$10 Unfilled**  
Price includes postage

Available exclusively from the  
**Austprem BORN EARLY Online Shop**  
<http://www.bornearly.org.au/shop>

Visit the  
**Austprem**

**Website:**

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

**Contact Us:**

[austprem@austprem.org.au](mailto:austprem@austprem.org.au)



Order your toys online,  
get great products,  
delivery to your door and  
support **Austprem** too!

Simply nominate Austprem,  
Sunbury, VIC as the fundraising  
recipient at Step 5 when you order.

<http://www.toysandmore.com.au>

Austprem says,



# September

1 Thomas (4)	10 Kody (1)	17 Danica (8)	21 Emilie (2)	27 Alyssa (5)
2 Malachi (4)	11 Tiffany (5)	17 Katja (2)	22 Logan (7)	27 Shantel (4)
3 Connor (6)	12 Samuel (10)	17 Arnika (2)	23 Casey (9)	27 Jessica (1)
4 April (4)	12 Tavien (2)	18 Isabella (4)	23 Connor (6)	28 Joshua (7)
5 Finnegan (3)	13 Aiden (5)	18 Aaron (4)	23 Hayley (4)	28 Thomas (4)
6 Jack (6)	13 Alexander (4)	18 Kael (3)	23 Esther (1)	28 Declan (3)
6 Christopher (2)	14 Lachlan (3)	18 Mila (1)	24 Lennox (1)	29 Jazzmin (13)
6 Olivia (2)	14 Dane (1)	19 Hunter (5)	25 Michael (12)	29 Eleanor (3)
7 Lily (4)	15 Nicholas (11)	19 Jaiden (3)	25 Camberon (11)	30 Renee (9)
7 Skylar (2)	15 Ashleigh (11)	19 Deakon (2)	25 Hanna (6)	30 Oscar (1)
8 Jayden (1)	15 Griffin (6)	19 Ruby (1)	25 Taea (3)	
9 Amelia (10)	15 Erin (5)	19 Max (1)	25 Bailey (3)	
9 Patrick (9)	15 Abby (5)	20 Kaitlyn (3)	25 Jordan (1)	
9 Klaire (6)	15 Alannah (3)	20 Emily (3)	25 Ben (1)	
9 Sam (3)	15 Justin (2)	21 Cibella (6)	26 Astal (6)	
10 Olivia (8)	16 Meridith (10)	21 Samantha (6)	26 Jolyon (3)	
10 Cailyn (1)	17 Abby (8)	21 Toby (4)	27 Skye (5)	

# October

1 Madeline (12)	9 Dechlan (4)	16 Kosta (6)	21 Phillip (2)	28 Emily (11)
2 Rhys (7)	10 Elim (7)	16 James (5)	22 Jake (1)	28 Callum (5)
2 Erin (2)	10 Jaime (6)	16 Tristan (2)	23 Jaden (7)	28 Jack (3)
2 Tyler (2)	10 Charlie (6)	16 Imogen (1)	23 Maddison (5)	28 Emily (3)
3 Mason (8)	10 Amelia (1)	16 Akira (1)	23 Owen (3)	28 Ryan (2)
3 Cain (7)	11 Lieb (1)	17 Kayla (10)	23 Charlize (1)	28 Jack (2)
3 Jessica (3)	11 Tahikaha (1)	18 Adahlia (7)	24 Liam (6)	29 Skye (2)
4 Kevin (9)	11 Thady (1)	18 Caitlin (6)	24 Stefani (6)	31 Caitlyn (5)
4 Isabelle (3)	11 Bede (1)	18 Jesse (3)	25 Connor (6)	31 Chloe (4)
4 Jayden (2)	12 Huon (9)	18 Sophie (1)	25 Ashley (5)	31 Joshua (4)
5 Joshua (3)	12 Jonathan (5)	18 Chloe (1)	25 Eric (3)	31 Livi (4)
5 Angus (1)	12 Amelia (3)	19 Harrison (5)	25 Jade (3)	31 Chloe (1)
6 Vincent (14)	12 Brock (1)	19 Micaela (5)	26 Tahneisha (4)	
6 Liam (8)	13 David (2)	19 Isabelle (2)	26 Mark-Anthony (2)	
6 Nicoletta (5)	13 Joshua (1)	20 Jack (7)	26 Ollie (2)	
7 Samuel (4)	14 Amelie (3)	20 Sharn-Allen (4)	26 Max (2)	
8 Emily (5)	15 Eden (8)	20 Callum (3)	27 Scarlet (2)	
8 Ethan (5)	15 Samuel (5)	20 Louis (2)	27 Ari (1)	
9 Ella (5)	15 Lilia (1)	21 Kaden (6)	28 Ryan (12)	



## Celebrating Birthdays

If you would like your children (full term and prem) listed in the Austprem Ink newsletter, or to be added to the Birthdays page at <http://www.austprem.org.au/journey/superheroes/birthdays.shtml> please email [kirsten@austprem.org.au](mailto:kirsten@austprem.org.au)



Beautiful clothing for premature and small babies

[www.earlybirds.com.au](http://www.earlybirds.com.au)  
1800 666 550

# November

- |                |                 |                |                  |                   |
|----------------|-----------------|----------------|------------------|-------------------|
| 1 Kaya (8)     | 8 Keeley (6)    | 13 Jarred (4)  | 20 Jay (5)       | 25 Mikeal (4)     |
| 1 Annie (6)    | 8 Thomas (5)    | 13 Poppy (1)   | 20 Indyannah (3) | 25 Nicholas (2)   |
| 1 Karlie (5)   | 8 Isaac (5)     | 14 Hannah (7)  | 20 Owen (8)      | 26 Zachary (7)    |
| 1 Ethan (1)    | 8 Daniel (4)    | 14 Kenneth (6) | 20 Goldie (1)    | 26 Dante (5)      |
| 1 Cooper (1)   | 8 Madison (1)   | 14 Harry (1)   | 20 Astrid (1)    | 26 Isabelle (4)   |
| 1 Arabella (1) | 9 Tahlor (10)   | 15 Eilish (7)  | 21 Khyle (10)    | 27 Francis (6)    |
| 2 Oliver (4)   | 9 Rebecca (10)  | 15 Amy (6)     | 21 Thomas (7)    | 27 Grace (2)      |
| 2 Bailey (2)   | 9 Kade (3)      | 15 Hanna (6)   | 21 Finnian (5)   | 28 Amber-Rose (7) |
| 3 Amaya (5)    | 9 Matthew (2)   | 15 Hope (1)    | 22 Jorja (3)     | 28 Madelyn (6)    |
| 3 Joshua (1)   | 11 Caitlin (5)  | 15 Kaiden (1)  | 23 Jessica (10)  | 28 Jobie (4)      |
| 4 Benjamin (9) | 11 Amelia (3)   | 16 George (1)  | 23 Zachariah (6) | 29 Devon (7)      |
| 4 Katinka (3)  | 11 Sophie (2)   | 17 Shea (6)    | 23 Kayla (2)     | 29 Noah (3)       |
| 5 Samuel (6)   | 11 Skye (2)     | 17 Blake (4)   | 23 Declan (1)    | 29 Jessica (2)    |
| 5 Peter (4)    | 12 Lewis (15)   | 17 Amy (3)     | 23 Ben (1)       | 30 Lizzie (5)     |
| 5 Ethan (4)    | 12 Kyle (15)    | 18 Emily (4)   | 24 James (6)     | 30 Noah (3)       |
| 5 Ethan (3)    | 12 Cooper (3)   | 18 Connor (3)  | 24 Maxwell (6)   | 30 Ivy (3)        |
| 7 Mitchell (6) | 12 Noah (1)     | 19 Adrian (6)  | 24 Ebonee (2)    |                   |
| 7 Grace (3)    | 13 Isabella (5) | 19 Elliot (4)  | 25 Alasdair (6)  |                   |
| 8 Lianna (6)   | 13 Zoe (5)      | 19 Talon (4)   | 25 Bradley (4)   |                   |

## Angel Babies

*Our Angel  
Jaxon born  
7 September 2004*



*Our Angel  
Dan born  
26 October 2006*



*Our Angel  
Lauryn born  
8 November 2004*



*Our Angel  
Cassie born  
11 November 1993*



*Our Angel  
Jack born  
14 November 2001*



*Our Angel  
Tainn born  
17 November 2002*



*Our Angel  
Jessica born  
21 November 2001*



## Feel like chatting with members of Austprem?



Chats are a great way to get to know other members better. They are usually held on Thursdays nights. A reminder is posted to the Austprem Forum the day before a chat, so check there for the exact time. The chats are held in the Austprem Chat Room on the mc2 site, so only Austprem members are able to attend.

Chat times:

7:00pm	WA
8:30pm	NT, SA
9:00pm	VIC, TAS, ACT, NSW, QLD
11:00pm	NZ

Chat is back - starting September!

# Austprem Inc.

Premature birth,  
babies and beyond



## You Name It Labels Fundraiser

Purchase address labels, stick on and iron on name labels for clothing, bottles, snack boxes etc, and heaps of other stuff, and support Austprem too!



Order at

<http://www.younameitlabels.com>  
using our code [aiv0603](#)  
(all lower case, no spaces).

More details from:

[http://www.austprem.org.au/promotion/you\\_name\\_it.shtml](http://www.austprem.org.au/promotion/you_name_it.shtml)

## Austprem Ink Puzzle Corner

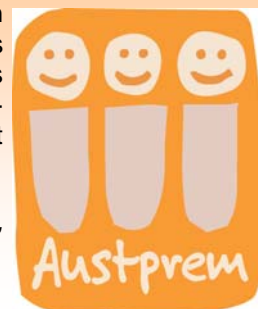
P S L U C H R V L Z J A P O B  
 F E C P O K C E X A J W B Q Y  
 L G R I M A J Q C O D S Q D W  
 S Q F S P Z P R P O T E Q Q W  
 I L Z C E M K P S A R R M P H  
 L C H L T R Y W C G R D H Q H  
 V O D L I T V L C M M X G T J  
 E R F W T F E E O K Q H G E R  
 R E B D O S M O R B F N X O O  
 I H B I R X R Z R A E U W Y V  
 M I R A C L E O D R N E U R I  
 R E N N I W N L T Q Y C Z S V  
 A T Y W O Z O S E U K Z E E R  
 F T F X E G V T A I N E K I U  
 J K R C Q G N O I P M A H C S

BRONZE  
 CHAMPION  
 COMPETITOR  
 GOLD  
 HERO  
 MEDAL  
 MIRACLE  
 OBSTACLES  
 OLYMPICS  
 PERSERVERANCE  
 RECORD  
 SILVER  
 STRENGTH  
 SURVIVOR  
 WINNER

## What is Austprem Inc.?

Austprem is registered as a non-profit organisation with the Australian Taxation Office. We are also an approved charity. Our aim is to provide support to as many of those parents of premature babies as we can. Your support can help us to achieve this goal. Membership of Austprem is open to anyone who has a prematurely born baby or child. Further information about Austprem can be found at [www.austprem.org.au](http://www.austprem.org.au), or by emailing [austprem@austprem.org.au](mailto:austprem@austprem.org.au)

Austprem also offers online support forums including *Austprem*, *Austprem - Pregnancy Support Group* and *Prematurity in the Press*.



## Donations - Your support is greatly appreciated!

Austprem Inc. is a non-profit organisation with no on-going funding.

If you would like to make a donation to Austprem Inc., please send your cheque or money order to:

Austprem Inc. P.O. Box 2157 Sunbury VIC 3429

Please include your name and address so that a receipt can be posted to you.  
 Donations \$2 and over are tax deductible.



## Your Austprem Committee

### President

Leanne Uwland

### Vice President

Catrin Pitt

### Secretary

Kirsten Burkitt

### Treasurer

Leanne Uwland

### Chat Host Coordinator

Nadine Jones

### QLD State Rep.

Catrin Pitt

### NSW/ACT State Rep.

Liz Mattiuzzo

### VIC State Rep.

Jessica White

### Austprem Ink Editor

Kirsten Burkitt

### Committee Members

Lorina Clements

Narelle Kerry

Gillian Menzies

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

Austprem Ink

Premature birth, babies and beyond

**A**ustprem Inc. asks that you please check with your doctor or health care provider as to what interventions are appropriate for YOUR baby!



## Copies of Austprem Ink

may be downloaded from:

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



## Benefits to all involved

**RITCHIES**  
ESTABLISHED 1979

## Ritchies Community Benefit Card

Buy your groceries, and support Austprem too!  
Simply nominate Austprem Inc. as your CB Card recipient and 1% of your purchase total will be donated to Austprem.

The Ritchies Community Benefits Program operates in both Victoria and NSW.

Victoria: Austprem Inc. CB number is 93772

NSW: Austprem Inc. CB number is 93807

More information:

<http://www.austprem.org.au/promotion/ritchies.shtml>

## 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.

## Suggestions and Comments?

[newsletter@austprem.org.au](mailto:newsletter@austprem.org.au)

© 2008 Austprem Inc.  
All rights reserved. This document may be redistributed in its entirety only. No part of this document may be copied or distributed without prior authorisation from Austprem Inc.