



# Austprem Ink

## AT A GLANCE

Today Austprem Inc. is a major national self-help support group with over 600 members.

Austprem is a registered non-profit organisation which began in 2000 when a group of parents had the vision of forming a support group specifically for parents of premature infants and children.

## INSIDE THIS ISSUE:

Austprem Anthology	2
Love to Chat?	3
Support Groups Online	4
Why Austprem?	5
Normalising Our Experience	6
A Place I Can Go	7
The Forum Helped Me	7
Pouring Emotions	8
New Look	8
Getting Together Face-To-Face	9
Supporting Austprem	10
Birthdays	12
Joining the Online Groups	15
Different Groups	16

## Volume 5 Issue 1

Premature birth, babies and beyond

### **Celebrating Austprem Inc. - A Real Support Resource**



Experiencing the world of premature babies directly is incredibly hard. Coping with the ups and downs of the so called 'roller coaster' ride provides everyday challenges for parents and families trying to survive such an experience. Many people access different support networks and resources in an attempt to deal with

daily life. And as we live in an ever growing world of technology, using Internet-based websites and forums has become a popular means of finding information, support and friendship. Austprem Inc. is one of these Internet-based organisations but it offers more than just on-line support.

Austprem Inc. was started by a small group of mothers, each of whom had given birth to a premature baby. They recognised that there is very little support for parents of premature babies, and that this traumatic event can have a huge impact on the lives of the families involved. Austprem Inc. is an Internet-based organisation, however we do meet face-to-face as well. Austprem Inc. has the advantage of having a forum and regular chats on the Internet. The forum is always there, people can post questions and read over the answers and suggestions others have provided. Chats offer a chance to "talk" with others, without having to get dressed up, find a babysitter or juggle a baby or two and maybe an oxygen cylinder.

Both the forum and the chats offer a chance to share with others who understand. Often someone has experienced the same, or a similar condition or problem. We do not give medical advice, just support and a listening ear. Someone who has "been there, done that." Being able to talk without having to stop and translate the many medical terms that become a part of our children's lives is a great relief to many. Using the alphabet soup of acronyms and having people know what you are talking about without needing a dictionary really helps. This issue of Austprem Ink celebrates Austprem Inc. as a support group, with a focus on just two of its resources; the forum and chats.

***A group of mothers set up Austprem Inc.***

## 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*.

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## Austprem Anthology - An Update

*Catrin Pitt*

*The Development Group members decided they would like to collate a book that shares premature baby experiences, whether it be the birth of the baby, taking the baby home or anything in general related to having a premature baby. Catrin Pitt posted a request on the forum for parents to share their stories. She writes:*

Firstly I would like to thank all those parents who have spent time and energy to write their story with respect to having a prem baby. So far I have had 14 stories emailed to me. Each story tells of a heart warming, yet emotional journey through the minefield of having a premature birth. Each story tore at a parent's heart whilst the words were typed, yet each parent was grateful for the opportunity.

I know only too well how hard it is putting into words the journey we took. Even just writing the facts can release tears I thought had dried up years ago. My journey took place thirteen years ago, for some mums it took place only a few months ago. To all of you I am extremely appreciative of your efforts.

For those parents still writing or contemplating writing, please do so. We would like to have as many stories as we can, to show the wide range of experiences. Don't think that you have missed the deadline. We are still working out how best to present the stories we have.

Just imagine yourself back in the nursery, recovering from the shock of an unexpected delivery, coping with the newness and strangeness of the NICU. The beeps and bells of the equipment, the hushed voices of nurses, doctors and parents fills the room, rather than gurgles and squawks of newborn babies. Instead of holding your child to breast feed you hold a syringe



filled with the liquid gold that you squeezed out of your body. Everything is strange, unfriendly, frightening. You don't know what is happening, nor what will happen. And you are too afraid to ask. What if they give you the answer you don't want to hear?

*Continued page 3*

## Love to Chat?

*Lisa Reid*

If you are anything like me you LOVE to talk... about anything and everything. I suppose this is the reason I volunteered to organise Austprem's twice weekly chat sessions. Twice a week you will find a gathering of members in the chat room – talking about their children, their husbands or the fact that a certain cheesecake helps them type better (thanks for the tip Bec).

Sometimes the chats are serious when someone raises a particular concern and other times they are light-hearted and silly. The important thing is that at least twice a week we know we can connect with people who truly understand what it means to be the parent of a premature baby. When I am having a rough week (and who doesn't have those now and then?), I know I can spend some much needed time with a very special group of friends. So if you love to talk like me or are wanting to connect with parents who understand your concerns and fears, click on the chat link on Austprem's MC2 site and enter a world where acceptance is guaranteed.

Chats are held every Thursday and Sunday night. At this stage we are intending to hold chats at the following times:

<b>6:00pm</b>	WA
<b>7:30pm</b>	NT, SA
<b>8:00pm</b>	VIC, TAS, ACT, NSW, QLD
<b>10:00pm</b>	NZ

These times may change, so please check the Forum for reminders and updates.



*For assistance in accessing chat please contact Lisa at [kevreid@optusnet.com.au](mailto:kevreid@optusnet.com.au)*

## Austprem Anthology

*from page 2*

And someone gives you a book. It doesn't look like much. It's not a thick volume. But inside is your lifeline. Inside are stories from parent's just like you, who have been dumped into this alien world and left to sink or swim. Inside are visions of hope and understanding, holding out their hand of friendship so that you can survive, and even come to be thankful that you experienced the miracle of a premature birth. Inside are real people telling real stories. Wouldn't you hang on to that book with both hands? Wouldn't you like to be a part of that? Never knowing who you helped, but knowing that your story did help someone survive the prem journey a little bit easier.

If you do want to see this book in the nurseries across Australia then please help us. Put pen to paper and write your prem story. It can take the form of a story, a series of events, or poem, or something else. What ever you are most comfortable with.

*Email me at [gld.staterep@austprem.org.au](mailto:gld.staterep@austprem.org.au) any questions you have, and eventually your words.*

## Support Groups Online

**Kirsten Burkitt**

Online communities date back to the early 1970s when the Internet was known to few. Since then the number of online groups has exploded with email lists and online forums now being available for almost every circumstance.

Support groups have long been seen as a great way for those in similar circumstances to share with others who have “been there” for mutual support and information provision<sup>1</sup>. Online support groups are no different; although the members may be separated geographically, they still have common experiences that draw them together. Madara<sup>2</sup> tells how online groups share and enhance the benefits of face-to-face support groups, and have the added advantage of easy access at any time of day and night, including by those isolated geographically and those who may have difficulty getting out and about. Online groups also offer support 24/7; if the only time you can access others is in the middle of the night after a feed, you can leave a message then and read the responses the next night, or there may even be someone else up and you can “chat” with them in real time.

Some people find it easier to “open up” in an online group, where people don’t “know” them except via their messages<sup>3</sup>. The degree of anonymity offered can make it easier to approach such subjects as post-natal depression and some of the feelings apparent during the rollercoaster ride of the NICU and SCN which may be more difficult to talk about face-to-face.

It is wise to check with a doctor before implementing anything read about on the Internet, just to be sure it is appropriate for you and your baby, but it can be very reassuring to hear that others have had similar experiences and how they coped. In this issue of Austprem Ink, you can read how some of the Austprem families have enjoyed the benefits of our online groups, and our face-to-face meetings. See the back cover for information about Austprem’s online groups – join us and you will be warmly welcomed and have a wonderful opportunity to give and receive support.



### References

#### **1. Online support groups : an overlooked resource for patients**

Potts, Henry W. W.

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#### **2. Help yourself to online help**

Madara, Edward J.

*The Healthcare Forum Journal*; Jan/Feb 1995; 38, 1

#### **3. Receiving social support online : implications for health education**

White, Marsh and Steve M. Dorman

*Health Education Research*; Dec 2001; 16, 6

## Why Austprem?

*Kirsten Burkitt*

The founders of Austprem all started off belonging to a different mailing list. It had a large number of members and there was much knowledge, support and information shared. All of us, however, felt that parents with premature babies in Australia would benefit from having a more local context to share our thoughts, feelings and needs.

The medical and schooling systems of different countries vary widely. Although there are differences within Australia also, we felt that there would be many benefits gained from those who had some understanding of the Australian Medicare and private health systems, specialists and referral processes, early intervention and waiting lists, as well as those who had battled through the preschool and schooling systems, trying to get funding if their child has ongoing needs, and many other scenarios, being able to share their knowledge with others.

It is also wonderful to be able to get together at times, either in small groups or larger ones, for "coffee" or a party, and being on a list that consists of people from the same country certainly makes this a little easier. Austprem families who travel interstate for holidays or to visit family often can arrange to meet up with other Austprem families from the area too.

Austprem Inc. now has almost 650 members from all over Australia. Some aren't members of any online Forum, they just receive Austprem Ink, and make contact from time to time when they need to. Most are members of at least one of the online Austprem Forums (Austprem, Austprem - Pregnancy Support Group and/or Austprem Prematurity in the Press) with all the benefits of sharing with those in the "same boat."

Messages and posts to the Austprem Forum aren't always directly prematurity related. Sometimes support is needed for another family member, a sibling of a prem, or just general parenting questions. All posts of this nature are welcomed - there are times when it can be difficult to know whether to treat your prem a bit differently given their tough start, and it helps to discuss this with others. I know when my full term baby son had to have surgery, the support I received from everyone on Austprem was fantastic. They understood what facing surgery meant, and were very reassuring. I have found many friends over my years on Austprem, they have supported me through much in my life. I didn't realise that having a prem would change both my life, and the lives of others, as much as it has.

If you have never joined an online Forum before, give it a try! It is easy to do, and as you can tell from this issue of Austprem Ink, there is plenty to be gained.



*Michael born at 31 weeks, now 10  
(baby photo on front cover)*



*Rebekah born Full Term,  
now 7*



*Declan born Full Term, now 2  
(thanks Pregnancy Support Group!)*

## Austprem - Normalising Our Experience

*Kerry Draffin*

Austprem (the web address was provided to me by a Monash NICU nurse shortly after Emily arrived) is an amazing support, buffer and resource for me and our whole family. Emily's surprise arrival at 27 weeks meant we were navigating unknown territory. We found the online Austprem community immediately welcoming to us; it normalised our experience and gave us a whole load of information about parenting prems. My husband Paul and I preferred to keep to ourselves a bit early on and having an online resource was non-confronting and accessible.



*Emily, about one week old, - on CPAP in Bay 8 Monash NICU.*



*Five weeks actual - Daddy kangaroo cuddles Emily while big brother Tobey watches.*



*Aged five weeks actual - Emily is tube fed by Mummy. This was the day Emily moved from NICU to Special Care.*



*With her big brother Tobey, this is Emily one month after coming home (aged one month corrected / 4 months actual).*

***Each year in Australia, more than 16 000 babies are born prematurely. Around 6.5% of births occur before the 37<sup>th</sup> week of pregnancy and are therefore defined as premature, or preterm.***

## Austprem - A Place I Can Go

*Maree Moule*

I'd have to say (and often do) to others that Austprem is a place where I can go no matter how I feel or what my children are doing. I can count on someone to offer a caring shoulder no matter where they are in the country. For me to have my needs and concerns answered from people who don't judge or know me, but do understand the depths of my emotional torture that my girls put me through each and every day. Raising children is hard enough but raising prems is something that nobody can possibly understand unless they have one (or more) of their own.



*Jas (left) and Emily (right)*

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## Austprem Inc. - The Forum Helped Me

*Jodi Devine*

I was absolutely devastated to find out that my Thomas had severe/profound hearing loss after his first ABR (Audio Brain-stem Response). I was given a number of web-based support services with forums I could access to cope with such a difficult 'consequence' of prematurity. I looked up these forums but I just couldn't participate in any discussions or forum posts. I felt that whilst Thomas had hearing loss, these people wouldn't understand all his other 'issues' and that the hearing loss was only one part of Tom. A brilliant mum on the Austprem forum who had been through what I was about to go through helped me like no one ever could. I still credit the Austprem forum and this one mum as my saviour - to this day!



*Thomas Linton Devine*

## Austprem - An Outlet for Pouring Emotions *Kim Hutchinson*

I was so happy to discover Austprem fairly soon after Erin was born. Erin was born at Westmead in Sydney and they don't have any kind of support group for parents with babies in the NICU there. I was the kind of person that just didn't want to talk to anybody about what I was feeling and going through unless they knew how I felt and had been through what I was feeling themselves. Austprem was a saviour to me as there were several mums that emailed me and offered their support to me and an ear to listen when I was feeling overwhelmed and very down. I was not like many mums wanting to get to know and develop friendships with other mums in the NICU, when I was in the NICU I was there for Erin and devoted all the time I was there to her and didn't get to know any of the other mums. I found all my emotions were concentrated on my baby and I just had no more left over to give to anybody else.

This did change as Erin became bigger and things became more positive for her and us. Anyway Austprem was my outlet for pouring out how I felt and I really don't think I'd be the stronger for it today without having had that release and understanding from other prem mums. Austprem to me was and still is like therapy :) I'm very, very glad it exists and that I found it soon after Erin's birth.



*First cuddles with mum.*

***Erin was born at  
26 weeks and  
weighed 597g.  
She is now 10.5  
months corrected  
and weighs 6kg.***

## Welcome to our 'New Look' - Austprem Inc. has a new face!

Austprem is currently being revamped. The stationery and website will soon feature the new logo (right) and fonts as seen on the front of this newsletter. This is largely due to the hard work of members of the *Development Group*. We hope you enjoy the changes and are as excited by them as we are. Please let us know what you think! You can contact us on:

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





## Getting Together Face-To-Face

## NSW Christmas Party 2006

On Sunday 10th December, New South Wales Austprem members gathered at Kym Smith's beautiful property on the central coast for a Christmas get-together. For some, it was a chance to catch up. For others it was the first face-to-face meeting after many months of communicating via the forum and chat room.

The day was a glorious day and the children got to do many things, including patting and riding the pony, playing on the swings and in the cubby house, as well as going for a swim. For the parents, it was a wonderful opportunity to sit back and chat about everything and anything related to premature baby experiences and just life in general.

Being a member of the Austprem support group brings about the warmest feelings. We are bonded through our experience for life and that is what makes getting together so precious. As members sharing the same road we understand without passing judgment. Communicating online is a valuable resource in itself. But it is the opportunity to meet face-to-face that makes Austprem so unique. Whilst our meetings may be limited in number due to everyone's different schedules and locations, the times we do meet are invaluable for not only the parents but children as well.

Regular Austprem get-togethers are planned in other states as well, as are the Christmas parties. If you are interested in meeting up with your state members keep a lookout for notices posted on the forum by your state or territory's representative.

Jodi



Much of our day was recorded through Rebecca Lavender-Robert's photography. She took many photos that day and uploaded them on a site for everyone to see: <http://www.reblphotography.com.au/austprem>

## Supporting Austprem

Austprem receives no ongoing funding from any source, and so relies on donations and fun raising to provide revenue so we can continue to offer support and services to families of prems.

For a while now we have been promoting the "You Name It Labels" fundraiser, and we thank you for the many orders which have been placed. Keep them coming!

Austprem has also put in place a further fundraiser with Toys and More! Toys and More are an online toy store offering some great deals and fantastic service. Austprem Inc. will receive credits to the value of 20% of any order you make! Just order the toys you would like, and at Step 5 simply type in Austprem, Sunbury, VIC as the fundraising recipient. Anyone can nominate Austprem as a fundraising recipient. The credits we receive will be used to purchase supplies for the Playgroups as they grow, or to purchase items to offer as prizes for future competitions.

## Austprem thanks you for your support!



### Toys and More

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>

### Great Gift Idea!

Pass the code onto your family and friends - anyone may use it!



Use  
**Toys and More**  
for Christmas  
and  
Birthday gifts.  
Your friends and  
family may like to  
support Austprem  
this way too!

### 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!

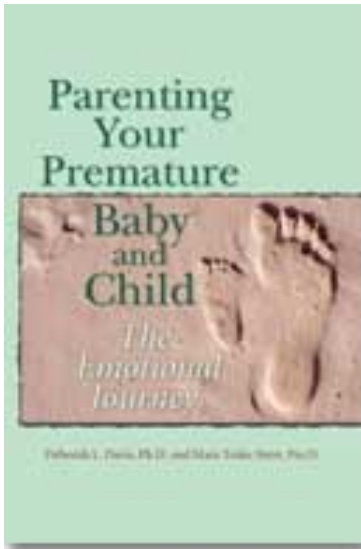
Order at <http://www.younameitlabels.com>  
using our code **aiv0603** (all lower case, no spaces).

More details from:

[http://www.austprem.org.au/promotion/you\\_name\\_it\\_fundraising.html](http://www.austprem.org.au/promotion/you_name_it_fundraising.html)



## Parenting Your Premature Baby and Child



**New stock now available!** 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/support.html>

Here is a copy of a review which was written for this book. It can also be found in the February 2005 Austprem Ink newsletter.

This is the most comprehensive book to be published on the subject of the emotional impacts of prematurity. The book is written especially for parents and family but NICU and follow up staff, as well as social workers, psychologists and family health workers will also find it both interesting and very helpful.

There are many quotes from parents throughout the book. These voices give depth and resonance to the situations and are answered in the compassion and practical advice given in every chapter. The authors are both psychologists, specialising in reproductive and perinatal loss. Debbie Davis has written a number of books in the past and these are all highly recommended.

At over 900 pages long, *Parenting Your Premature Baby and Child* is not the kind of book you can read straight through but it is definitely the kind of book you will come back to over and over again. The book has a very good table of contents and an index to help you find the information you are looking for.

When I think back to the hundreds of hours I spent sitting beside my own son's incubator, wondering what lay ahead for us all, I can only wish that I'd had this book to help pass the time and to help me feel less shocked and alone.

This wonderful book can be ordered from Austprem as it has a number of copies which are available for only \$44.95 (including delivery to your door!) which is less than the standard retail price. If you'd like a copy, for yourself, for someone you know or to donate to your NICU, please contact [austprem@austprem.org.au](mailto:austprem@austprem.org.au)

Anne Casey (2005)

# Austprem says 'Happy Birthday!'



## MARCH

1 Hani (9)	6 Jaxon (4)	11 Beau (10)	20 Talei (16)	29 Kyle (7)
1 Cooper (4)	6 Aaliyah (1)	11 Dana (7)	20 Laine (6)	29 Isabel (2)
1 Alexandra (4)	6 Abigail (1)	11 Braedon (5)	21 Sarah (2)	30 Parker (4)
2 Jarrod (8)	6 Daisy (1)	13 Isabella (5)	21 Ryan (2)	30 Isabella (4)
2 Amber (3)	7 Dakotah (3)	13 Zane (2)	22 Adam (2)	30 Alessandro (3)
2 Brianna (3)	7 Isabella (2)	14 Antonio (8)	23 Jack (3)	30 Mackenzie (1)
2 Hunter (1)	9 Gabriella (4)	15 Ariana (4)	26 Andrew (13)	31 Zachary (12)
3 Mikaela (10)	9 Sophie (3)	16 Bryce (8)	26 Megan (7)	31 Bindi-Lee (3)
3 Jaiden (5)	9 Talan (2)	16 Max (2)	26 Haiden (6)	
3 Hannah (5)	9 Amanda (2)	17 Jake (8)	27 Perry (5)	
3 Willow (1)	9 Joshua (2)	17 Ronan (1)	27 Emily (4)	
4 Benjamin (3)	10 Corey (12)	18 Lachlan (4)	27 Jasmine (4)	
5 Mitchell (7)	10 Emelia (3)	18 Sienna (2)	27 Chloe (4)	
5 Chloe (3)	11 Mitchell (13)	19 Molly (3)	28 Jackson (1)	

*Our Angel  
Georgia born 1st  
March 2005*



## APRIL

1 Jessica (3)	8 Jonty (7)	15 Maddison (2)	20 Liam (4)	27 Declan (3)
3 Brodie (1)	9 Elizabeth (1)	15 Pyper (1)	20 Ella-Maree (1)	27 Siobhan (3)
4 Antonia (4)	10 Mitchell (8)	16 Lochlan (2)	21 Alexander (1)	27 Lily (1)
4 Amy (2)	10 Nathan (3)	17 Bradley (14)	22 Rick (7)	28 Caleb (7)
5 Jimi (5)	10 Jack (3)	17 Kammryn (9)	22 Emma (3)	28 Tyson (2)
6 Matthew (2)	12 Mya (4)	17 Megan (5)	22 Kent (2)	28 Cooper (2)
6 Heather (1)	12 Eva (3)	17 Olivia (2)	22 Jacob (1)	29 Maddison (12)
7 Kate (8)	12 Jadzia (1)	17 Nixon (1)	23 Noah (3)	29 Tyson (3)
7 Breanna (6)	13 Tayla (11)	18 Aimee (2)	23 Miracle (1)	29 Ella (1)
7 Koji (4)	13 Jessie (11)	18 Tarkyn (2)	24 Isobel (3)	29 Connor (1)
7 Naomi (3)	13 Jack (3)	19 Millie (16)	25 Logan (4)	29 Emily (1)
7 Jayden (3)	13 Jack (2)	19 Deegan (5)	26 Brianna (3)	
7 Saffron (2)	14 Marlee (7)	19 Emily (2)	26 Joanne (5)	
7 Luca (2)	14 Keegan (2)	20 Bayley (6)	26 Lara (2)	
7 Jake (1)	15 Maddison (5)	20 Lachlan (6)	27 Jessica (7)	

*Our Angels  
Nikolas born 5th  
May 2005*



*Noah born 17th  
May 2004*



## MAY

1 Aimee (7)	9 Zane (5)	13 Jasper (3)	20 Bella (6)	26 Charlie (2)
1 Lance (1)	9 Grace (2)	14 Joshua (10)	20 Lachlan (4)	26 Brooke (2)
2 Samuel (2)	9 Jasmine (2)	14 Thomas (5)	20 Kathryn (4)	26 Isaac (2)
3 Joshua (6)	10 Hannah (10)	14 Jazmyn (1)	20 Emily (3)	26 Jasmine (1)
4 Catherine (1)	10 Kristal (9)	15 Abigail (3)	20 Haroop (2)	28 Max (3)
4 Charlotte (1)	10 Jacqueline (5)	16 Joshua (15)	21 Ethan (5)	29 Jeremiah (5)
5 Karissa (13)	10 Cooper (4)	16 Connor (2)	21 Joe (5)	29 Madison (3)
5 Sophie (11)	10 Jack (2)	17 Faith (3)	22 Janarra (11)	29 Tammin (3)
5 Charlie (5)	11 Ben (7)	17 Sasha-Honey (3)	23 Jordan (5)	30 Sarah (7)
5 Oscar (5)	11 Marshall (3)	18 Ruby (3)	23 Jack (4)	30 Jake (7)
5 Thomas (1)	11 Tara (1)	18 Jordan (1)	23 Lutin (2)	31 Jack (11)
6 Sarah (8)	11 Matilda (1)	18 Joshua (1)	24 Aaron (9)	31 Alexander (6)
8 Georgie (9)	12 Tre (5)	19 Samantha (11)	24 Rebecca (2)	31 Tahlia (6)
8 Zara (4)	12 Jackson (3)	19 Matthew (11)	25 Brayden (3)	31 Daisy (2)
8 Lydia (4)	12 Cohen (2)	19 Nathan (3)	25 Joshua (2)	21 Benjamin (1)
9 Courtney (7)	13 Jack (7)	20 Sian (10)	26 James (9)	

## Supporting Austprem

### 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.



Premature  
birth, babies  
and beyond

### Donations

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 support is greatly appreciated.

If you would like your children (full term and prem) listed in the Newsletter, or to be added to the Birthdays page at



<http://www.austprem.org.au/journey/superheroes/birthdays.html> please email [kirsten@austprem.org.au](mailto:kirsten@austprem.org.au)

## 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.html>



## Copies of Austprem Ink

may be downloaded from:

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

## Suggestions and Comments?

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



## Visit the Austprem website:

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

## Contact Us:

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



PremiePress

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

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Please  
support  
those that  
support us!



## 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.



beautifully crafted  
clothing for premature  
and small babies

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

1800 666 550

## Austprem Inc.

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

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

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## Joining the Online Groups

If you **would like to join** the Austprem, Austprem Pregnancy Support Group and/or Prematurity in the Press forums, you will need to:

- [register with mc2](#) (if you haven't already)
- log in from the [mc2 Home Page](#)
- type 'Austprem' in the 'search mc2' box (top left of your screen)
- click 'subscribe' beside the name of the group you wish to join (subscribing is FREE)
- you will also need to [register as a member of Austprem Inc.](#) if you haven't already (also FREE)
- wait for your Welcome message!
- you can read the Prematurity in the Press forum (which has an emphasis on current research into prematurity and its effects) without first subscribing to the group, but will need to join to post (send a message), or to receive the posts via email
- to **Chat**, you just need to be a member of the Forum that is hosting the Chat (usually the main Austprem group), then simply login and click on "Chat" from the options on the left hand side of your screen

my connected community

TEXT ONLY | ABOUT | CONTACT US | EVENTS | LINKS | SEARCH | HELP  
HOME | FEATURES | JOIN | TRAINING | PARTNERS | STORIES | GLOSSARY

Austprem Inc. My Communities | My Profile | My Webpage | My Office  
My Tasks | My Calendar | My Photos | My Files | My Mail  
Join a Community | Features | Log Out

### My Communities

**Search mc<sup>2</sup>**

Communities Help

GO

Join a Community

Create a Community

A - Z Communities List

Browse Communities

**Help**

View Online Help

**You are a MEMBER of the following communities:** [HELP FOR MEMBERS]

Get Email from: Forum Alerts Mailing List

Austprem	<input type="checkbox"/>	<input type="checkbox"/>	-
Austprem - Prematurity in the Press	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	-

**You have membership PENDING in the following communities:**

Austprem - Pregnancy Support Group

Update Details

Internet 100%

This is what your "My Communities" page on mc2 may look like. To enter a "community", or Forum, just click on its name from your list. If you wish to have emails of each post sent to you, make sure there is a tick in the box titled "Forum". If you don't want each message emailed to you, simply untick the box; and remember to click on "Update Details" after you have made any changes.

If you have any questions or problems with the Forum, you can contact [austprem@austprem.org.au](mailto:austprem@austprem.org.au), your State Rep or, if it is a problem with mc2, contact their help desk directly on [mc2@vicnet.net.au](mailto:mc2@vicnet.net.au) 03 8664 7001 or 1800 629 835.



## Austprem Forums / Message Boards

*Austprem, Austprem - Pregnancy Support Group and Prematurity in the Press*

### Your Austprem Committee

**President**

Leanne Uwland

**Vice President**

Catrin Pitt

**Secretary**

Kirsten Burkitt

**Treasurer**

Leanne Uwland

**Media/Promotions  
Officer**

Stephanie Hinson

**Chat Host Coordinator**

Lisa Reid

**QLD State Rep.**

Catrin Pitt

**SA/NT State Rep.**

Lisa Reid

**NSW/ACT State Rep.**

Liz Mattiuzzo

**Austprem Ink Editors**

Jodi Devine

Kirsten Burkitt

**Other Committee  
Members**

Fiona Dixon

Jessica White

Nadine Jones

Narelle Kerry

Kristy Trajkovski

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

**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

See <http://www.austprem.org.au/forums.html> for information on how to join.

**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.

You can find information about joining Austprem – Pregnancy Support Group see <http://www.austprem.org.au/psg.html>

**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 will be 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 will be a semi-public group, non-members will be able to read forum, but only members can post articles to the group and join in any subsequent discussions. For information on joining see <http://www.austprem.org.au/pip.html>

**Contacting Your Austprem Committee**

If you need to contact any of the Committee, please email them by clicking on their name in the Members list of the mc2 group, or send an email to [austprem@austprem.org.au](mailto:austprem@austprem.org.au) and it will be forwarded to the appropriate person.