

EDUCATIONAL OPPORTUNITIES

VIDEOS:

- No Matter How Small (39 minutes)
 - A parent's guide to preterm infant development
- Close to Me (20 minutes)
 - March of Dimes module on the many benefits of providing skin to skin (Kangaroo Care). This program will also come with a mirror to practice seeing your baby while you provide Kangaroo Care.
- The HUG- Understanding the Secret Language of a Newborn (30 minutes)
- Safe Sleep for Your Baby
 - NICU babies are at a greater risk for SIDS. Learn the latest tip and research about safe sleep practices.

BOOKS:

- Premies: The Essential Guide for Parents of Premature Babies (2nd Edition)

EDUCATIONAL INFO:

- Cradle With Care
 - Synagis reminders and information
 - Handwashing reminder Stop Sign for strollers/cradles
- Evidence Based Articles about the Importance of Reading to your Infant
- Evidence Based Articles about Limiting Screen Time for Infants & Toddlers