

# Resources

Spenser's Hope was formed to help families who are experiencing preterm labor and premature birth. Based on our own personal experience, we know what a scary and confusing time that this can be.

Spenser's Hope has two purposes:

- ✓ Today: to provide education and support to families who are experiencing preterm labor and premature birth.
- ✓ Tomorrow: to fund research to help determine the cause of preterm labor.

Unfortunately, the incidence of premature birth has not decreased during the past 40 years. In the United States, preterm delivery affects approximately one in 10 births and is the cause of at least 75% of neonatal deaths, excluding those related to congenital malformations.

In most cases, the cause of preterm labor is not diagnosed. In fact, half of the women who go into preterm labor have no known risk factors. At this time, preterm labor cannot be prevented.

## Books

**Kangaroo Care: The Best You Can Do to Help Your Preterm Infant** by Susan M. Luddington-Hoe

**What To Do When Your Baby is Premature: A Parent's Handbook for Coping With High-Risk Pregnancy and Caring for the Preterm Infant** by Joseph A. Garcia-Prats & Sharon Simmons Hornfischer

**Living Miracles: Stories of Hope from Parents of Premature Babies** by Kimberly A. Powell

**Breast Feeding Your Premature Baby** by Gwen Gotsch

**Believe in Katie Lynn** by Bartholomew Resta & Kitty Harvill

**Newborn Intensive Care: What Every Parent Needs to Know** by Jeanette Zaichkin

**Congenital Disorders Sourcebook: Basic Information About Disorders Acquired During Gestation, Including Spina Bifida, Hydrocephalus, Cerebral Palsy, Heart Defects, Craniofacial Abnorm** (Health Reference Series, Volume 29) by Karen Bellenir

**Caring For Your Premature Baby** by Alan Klein

**Your Premature Baby and Child: Helpful Answers and Advice For Parents** by Amy E. Tracy

**Before Their Time: Lessons in Living From Those Born Too Soon** by Daniel Taylor & Ronald R. Hoekstra

**The Premie Parents' Companion: The Essential Guide to Caring For Your Premature Baby in the Hospital, at Home, and Through the First Years** by Susan L. Madden, M.S.

**Premies: The Essential Guide For Parents of Premature Babies** by Dana Wechsler Linden

## Other Sites and Organizations

**The March of Dimes:** Their mission is to improve the health of babies by preventing birth defects and infant mortality. The March of Dimes *Prematurity Campaign* is a five-year, \$75 million research, awareness and education campaign to help families have healthier babies.

[www.modimes.org](http://www.modimes.org)

**Neo Fight:** Nonprofit founded to help families experiencing a perinatal crisis. Their goal is to ensure that support is available to any family who is going through a difficult pregnancy, has had a miscarriage or stillbirth, has a premature or critically ill newborn, has delivered an infant with special medical needs, or who has experienced the death of a child shortly after birth.

[www.members.tripod.com/neofight](http://www.members.tripod.com/neofight)

**The Premie Place:** Provides support, encouragement, information and empowerment to the family, friends and caregivers of children born prematurely.

[www.thepremieplace.org](http://www.thepremieplace.org)

**Better Bed Rest:** Helping women and their families get through the bed rest experience. (Howard County, Maryland only)

410-740-7662

**Tiny Little Clothes:** A resource for the special needs of families with premature or low birthweight infants. Many of their outfits are designed to accommodate monitor leads and IVs, and have simple Velcro closures.

[www.tinylittleclothes.com](http://www.tinylittleclothes.com)

**The Premie Store:** Mom of two premies who has been making and selling premie clothes since 1985.

[www.premie.com](http://www.premie.com)

## If The Unthinkable Happens

**Mommies Enduring Neonatal Death (M.E.N.D.):** M.E.N.D. is a not-for-profit corporation whose purpose is to reach out to those who have lost a child due to miscarriage, stillbirth or early infant death and offer a way to share experiences and information. [www.mend.org](http://www.mend.org)

**Helping After Neonatal Death (H.A.N.D.):** H.A.N.D. is a non-profit corporation founded to help parents, their families and their healthcare providers cope with the loss of a baby before, during, or after birth. [www.h-a-n-d.org](http://www.h-a-n-d.org)

**SHARE:** The mission of SHARE Pregnancy and Infant Loss Support, Inc. is to serve those whose lives are touched by the tragic death of a baby through miscarriage, stillbirth or newborn death. [www.nationalshareoffice.com](http://www.nationalshareoffice.com)

**Empty Cradles:** A parent-to-parent support group for miscarriage and infant loss. [www.empty-cradles.com](http://www.empty-cradles.com)