

We can help...

Support network

We have set up a support network (called the 'buddy system') of volunteers from all around Ireland who are available to have an "informal chat" with parents who have already gone through the premature baby journey. You can choose to contact your "buddy" by phone or by email whichever (method) suits you best. It's an opportunity to talk to someone who really understands the rollercoaster journey that you go on when your baby arrives prematurely. See our 'buddy system' section on the website for more details or contact: info@irishprematurebabies.com

Social events

Our "get togethers" have been a great success since 2006 and we will be continuing with these in the future. They afford parents the opportunity to meet other parents who share a similar experience, and to help parents feel less isolated. It's a great way to chat and make friends in a relaxed environment.

Discounts

We have secured a discount for parents on breast pump rentals. Check out our website before you hire a breast pump. We have been negotiating with a range

of businesses all over Ireland and elsewhere to get discounts for parents on many different items from premature baby clothing to baby accessories. Full details are available on our website.

Financial issues

We are exploring various issues such as accommodation expenses for some parents, daily travelling expenses and childcare costs for other children while you go to the NICU. A number of our members are actively focusing on these issues.

We are liaising with politicians to look at ways of getting more financial assistance for parents. Having a baby can be an expensive event, but parents who have preterm babies can be faced with additional costs such as, breast pump rental, lactation fees, MR10 rental (respiratory monitor), and preterm formula. We are looking at ways to help parents in relation to these extra costs. We have an extensive list of rights and entitlements you may be eligible for, and also have included some details on claiming back tax refunds on our website.

Useful websites:

Irish parenting sites that have premature baby sections/forums
www.rollercoaster.ie
www.magicmum.com
www.eumom.ie

Irish breastfeeding support
www.alcireland.ie
www.thebreastway.ie
www.lalecheleagueireland.com
www.cuidiu.ie
www.breastfeeding.ie
www.friendsofbreastfeeding.ie

Premature baby websites
www.prematurebaby.ie
www.bliss.org.uk
www.tommys.org
www.marchofdimes.com
www.preemie-l.org

Irish Premature Babies

supporting parents of
preterm babies





Who we are...

We are a voluntary organisation set up by parents who have all had preterm babies in Ireland. A core part of our group have been together in an informal way since 2006. We have been holding regular "get togethers" several times a year in Dublin City Centre for parents of preterm babies. These social meetings give people the opportunity to meet up with other parents outside the hospital environment.

We have also been actively lobbying politicians nationwide to highlight the problems faced by parents of preterm babies. In our opinion Ireland did not have a body that represents and promotes the welfare of preterm parents and families. According to the latest figures from the Central Statistics Office there are over 4,000 babies born prematurely every year in Ireland. In 2010, a decision was taken to formalise our group with the help of a few more parents, so we could make a concerted effort to establish an organisation to support the parents of preterm babies, hence the formation of Irish Premature Babies.

You will find us here:

Facebook: [irish premature babies](#)

Twitter: [Irishprems](#)

Website: www.irishprematurebabies.com

Email: info@irishprematurebabies.com



Our aims...

As a voluntary organisation, Irish Premature Babies aims to:

- Promote the need for a structured support system for parents beyond the environs of the NICU. Ultimately, this would be a unilateral system so every parent gets the same support regardless of where they live in Ireland.
- Liaise with other professional bodies to assist parents to avail of services in the community.
- Help parents get access to professional services that have experience and expertise of dealing with prematurity.
- Provide a medium through which parents can find relevant information relating to having a premature baby in Ireland.
- Grow and develop our website to meet the needs of all the parents using it.
- Foster a working relationship with the hospitals and develop parent representatives for each of the hospitals.
- Develop ways to fundraise for our NICUs and support the work of the many dedicated medical professionals looking after our premature babies.
- Develop links with all nationalities that have preterm babies in Ireland.
- Bring into the public domain the issues and problems associated with having a preterm baby.
- Produce leaflets and booklets that will be of benefit to new parents of premature babies.
- Produce articles explaining medical issues in several different languages.
- Continue to secure discounts to help parents out financially.
- Promote and support a parent's choice of feeding.
- Encourage a more proactive approach to breastfeeding.