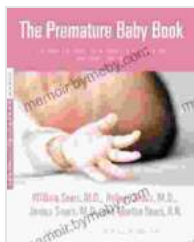


Everything You Need to Know About Your Premature Baby: From Birth to Two Years of Age

What is a premature baby?

A premature baby is a baby born before 37 weeks of gestation. This means that the baby was born too early and may not be fully developed.

Premature babies are often smaller and weaker than full-term babies, and they may have difficulty breathing, eating, and regulating their body temperature.



The Premature Baby Book: Everything You Need to Know About Your Premature Baby from Birth to Age One (Sears Parenting Library) by America's Test Kitchen

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1942 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 360 pages



How common is premature birth?

Premature birth is the most common complication of pregnancy, affecting about 10% of all babies born in the United States. The rate of premature

birth has been increasing in recent years, and it is now the leading cause of death in infants under 1 year of age.

What are the causes of premature birth?

The exact cause of premature birth is often unknown. However, there are a number of risk factors that can increase the chances of a baby being born prematurely, including:

- Multiple births (twins, triplets, etc.)
- Mother's age (under 18 or over 35)
- Mother's health problems (such as diabetes, high blood pressure, or preeclampsia)
- Previous premature birth
- Smoking, alcohol, or drug use during pregnancy

What are the risks of premature birth?

Premature babies are at risk for a number of health problems, including:

- Respiratory problems (such as respiratory distress syndrome and bronchopulmonary dysplasia)
- Feeding problems (such as difficulty sucking, swallowing, or digesting food)
- Temperature regulation problems (such as hypothermia or hyperthermia)
- Jaundice (a yellowing of the skin and whites of the eyes)

- Anemia (a lack of red blood cells)
- Necrotizing enterocolitis (a serious intestinal condition)
- Cerebral palsy (a movement disorder)
- Intellectual disability

How are premature babies treated?

The treatment of premature babies depends on their gestational age and weight. Premature babies who are born very early or are very sick may need to be cared for in a neonatal intensive care unit (NICU). In the NICU, premature babies will receive specialized care, such as oxygen therapy, feeding support, and temperature regulation.

As premature babies grow and develop, they may be able to move to a regular nursery or go home with their parents. However, premature babies may need to continue to receive special care, such as follow-up visits with a doctor or therapist.

What is the outlook for premature babies?

The outlook for premature babies has improved significantly in recent years. Thanks to advances in medical care, most premature babies are able to survive and go on to live healthy lives. However, premature babies are at risk for a number of health problems, both in the short-term and the long-term. It is important to follow your doctor's recommendations for care and to monitor your premature baby's development closely.

How can I help my premature baby?

There are a number of things you can do to help your premature baby, including:

- Provide a warm and nurturing environment.
- Hold and cuddle your baby often.
- Talk and sing to your baby.
- Read to your baby.
- Play with your baby.
- Follow your doctor's recommendations for care.
- Be patient and understanding.

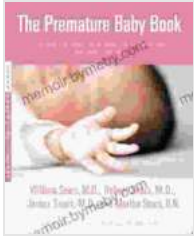
Where can I find more information about premature babies?

There are a number of resources available to help you learn more about premature babies, including:

- The March of Dimes website: <https://www.marchofdimes.org/>
- The National Premature Baby Registry website: <https://www.nprb.org/>
- The Premature Baby Foundation website:
<https://www.prematurebabyfoundation.org/>

You can also talk to your doctor or a nurse for more information about premature babies.

Premature babies are a special group of infants who need extra care and attention. By understanding the risks and challenges of premature birth, you can help your premature baby thrive and reach their full potential.



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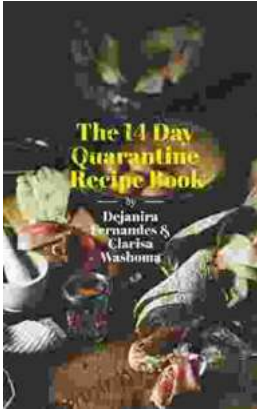
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