

You Know Your Premie Best

Watch for these signs that something may be wrong:

- Blood in dirty diaper
- A belly that is swollen, red, grey, or tender
- Stops breathing (apnea)
- Heartbeat slows down (bradycardia)
- Body temperature too low or too high
- Less active or change in behavior
- Not digesting feedings well



Questions to Ask

Photo credit: Tanya Clay and William Nyberg

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THE UNIVERSITY OF ARIZONA
COLLEGE OF NURSING
NEC-Zero

Support

NEC Society

necsociety.org/resources

Hand to Hold

handtohold.org

The Morgan Leary Vaughan Fund

morgansfund.org



NEC-Zero is a team delivered intervention with a goal to prevent and improve early diagnosis of NEC.

For more information visit
neczero.nursing.arizona.edu



Prevent Complications!

It's a Team Effort!

NEC zero 

Know the Benefits of Your Breast Milk!

- Lower chance of developing necrotizing enterocolitis (NEC), a disease that affects the intestines and can be very serious
- High in immune properties which protect the newborn from infection
- Helps baby control their inflammatory response and supports eye and brain growth
- Helps the premature gut mature
- Earlier tolerance of full feedings so intravenous fluids (IVs) can be stopped

Donor Milk

Mothers should start pumping their breasts within 6 hours after the baby is born. If mom's milk is not available, feeding donor breast milk is the next best option for very small or very early babies.



Give Colostrum as Soon as Possible.

Give colostrum as soon as possible. Colostrum is the first milk mothers produce. It contains vital immune stimulating components that premature infants lack. Swabbing a few drops of colostrum inside your baby's mouth before your baby is taking feedings is important.

Hold Your Baby

Kangaroo care (skin to skin contact) is known to bring benefits to your baby, like helping your baby to stabilize his or her:

- Temperature
- Heart and breathing rates
- Blood sugar
- Gut bacteria by being exposed to mom's bacteria (which is good!)



All Parents Need to Know

- Premies need breast milk
- Speak up when you are concerned for your preemie
- Ask questions
- You are a central part of your preemie's care team

