



Preemie Parents: Recovering from Baby's Premature Birth

Lisa McDermott-Perez

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The number of premature births in the United States has risen dramatically in recent years, with premature birth now designated the #1 obstetrics problem in the United States - affecting some 12 percent of all births. In the midst of these births?where a mother's arms and joy are replaced by incubators and cautious hope? are the parents, whose strength and emotional stability may understandably wane in the face of the challenges and fears created with the birth. It is about and for the benefit of these parents that this helpful book was written.

Psychotherapist Lisa McDermott-Perez, joined in this work by several medical experts also offering insights, reveals the world of preemie parents and the emotional stresses they face before and after the birth. From feelings of guilt and anger over real and imagined mistakes, to depression, jealousy and fear, we learn how traumatic this time can be for mothers and fathers. This book takes us step-by-step to either recover as Preemie Parents or to help loved ones who are facing the situation. Appendices list resources and support networks, definitions of terms and equipment commonly used in neonatal medicine, and common medications and their potential side effects.

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