

Lesson plans for schools



Prematurity in New Zealand

Every year in New Zealand, approximately 10% of all babies are born premature (before 37 weeks gestation). That's 5,000+ babies per year having a difficult to start life. A premature baby born every 90 minutes. There are also full-term babies whose condition or illness requires them to stay in a Neonatal Intensive Care Unit (NICU) or Special Care Baby Unit (SCBU) immediately after birth.

1 in 10 babies
in New Zealand
are born premature

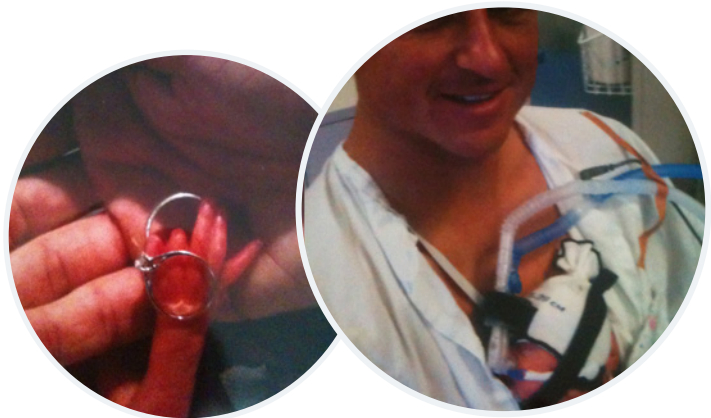
That equals
5,000+ babies
every year

One 'prem baby'
born every
90 minutes

Some are born very early

Babies have been born and survived as early as 24 weeks. For example, Cameron who is pictured to the left, was born at 24 weeks. He weighed 715 grams at birth and spent 129 days in hospital before going home for the first time.

It is likely that approximately 10% of the children in your school will either have been premature or sick at birth, and some of them will have spent weeks or months in hospital.



Raising awareness

The Neonatal Trust is a registered charity which operates across New Zealand. We provide support to families of premature and sick full-term babies as they make their journey through neonatal care, the transition home, and onwards.

To help raise awareness and to celebrate World Prematurity Day we've developed lesson plans and resources for schools to use. Please read over to learn more about World Prematurity Day, The Neonatal Trust and the resources available.

Thank you for your consideration.

www.neonataltrust.org.nz



World Prematurity Day

World Prematurity Day is on 17 November each year. It is held to raise awareness about premature babies and their families worldwide.

The Neonatal Trust's sights are firmly set on awareness and fundraising activity based around World Prematurity Day on 17 November. As the name suggests, the day has a focus on prematurity. However, it's important to note that, as well as having a focus on prematurity, The Neonatal Trust also provides support for the families of sick full-term babies. This isn't forgotten and we are using World Prematurity Day as a focal point as part of our awareness campaign (and associated fundraising activity). We also want to take this period as an opportunity to celebrate all those babies who are born prematurely or sick, who are now growing up, at school, and beyond.

Parent groups, families, health professionals, politicians, hospitals, organisations and other stakeholders involved in preterm birth observe this day with media campaigns, local events and other activities conducted on a local, regional, national or international level to raise awareness among the public. In 2013, World Prematurity Day was celebrated in over 60 countries. To give a sense of the momentum gained in the last few years, landmarks which have been illuminated purple (the colour of World Prematurity Day) including the Niagara Falls, the Empire State Building and the Trevi Fountain as a tool to raise awareness:



The Neonatal Trust

The Neonatal Trust works to provide, and coordinate, support to families of neonatal (premature or sick full-term) babies as they make their journeys through neonatal intensive care, the transition home, and onwards.

We do this by supporting parents and helping them in whatever way we can to get through what is usually a very traumatic time. We visit parents in the NICUs to assess individual needs, which can range from wanting access to information, to practical, financial or emotional help.

We know that parents of very premature babies may need to travel to a NICU. This usually happens suddenly so there is little opportunity for them to prepare for their stay. Often parents who find themselves in this situation have no family or friends nearby, so it can be a lonely experience.

We also understand that some parents have difficulty dealing with the increased financial demands of being away from home and work for long periods of time. The parent support services provided by The Neonatal Trust allow parents some respite from financial and emotional stresses.

Wherever we can, we provide assistance by arranging personal support.



What can your school do?

Register!

We are asking your assistance to raise awareness of both World Prematurity Day and The Neonatal Trust.

By registering your school's interest in supporting World Prematurity Day, you will receive worksheets and suggested basic and adaptable lesson plans which teachers could use to raise awareness about premature birth.

You could also celebrate any children in your school who were premature. Perhaps invite those students to share their story with pictures.

To learn more and register your school's interest in the free lesson plans head to www.neonataltrust.org.nz/schoolresources



Would you consider supporting us with a fundraiser?

We are also requesting you consider running a fundraiser in conjunction with any awareness or lesson activity. The information provided upon registration for the lesson plans includes details of our activity and some options you may wish to consider. The Neonatal Trust do not receive any Government funding and we are entirely reliant on the generosity of individuals, companies and organisations. Our awareness campaign, based around World Prematurity Day, is the only co-ordinated fundraising activity we undertake.

To help with our awareness campaign, we have been lucky to receive support from the Nursery and Gardening Industry Association of New Zealand: www.nginz.co.nz. In addition to receiving worksheets and lesson plans, the first 20 schools to register a fundraiser for The Neonatal Trust will receive 50 copies of Kids Go Gardening magazine (Summer issue out 31 October) and a \$50 Go Gardening voucher to use for your school.

A chance to WIN

If you choose to support us with a fundraiser for World Prematurity Day (fundraiser can be on any date in November), thanks to the great support we have received from 'Go Gardening', we will put you in the draw to win **one of three \$500 'Go Gardening' vouchers**.

'Go Gardening' gift cards can be redeemed at any participating store nationwide. To find out where you can redeem Go Gardening gift cards please visit www.gogardening.co.nz/retailers



Go Gardening gift cards have many benefits:

- > You can select a value from \$25 to \$1,000
- > They are delivered to any address in New Zealand
- > The scheme is owned, operated and backed by Nursery & Garden Industry New Zealand (NGINZ).

