

FAMILY FUN DAY

- fundraiser for neonatal & premature babies

No one plans to deliver early but 1 in every 10 babies are born prematurely (before 37 weeks). That's 5,000+ each year in New Zealand; one premature birth every 90 minutes.

Without the love, dedication, vital information and care of our nearest neonatal units and the nurses who work in them - who knows what would happen to these babies. Prematurity is the biggest cause of newborn death (within the first 4 weeks of life).

I was one of those ladies and was catapulted into motherhood, I was very scared, I didn't know if I was losing my baby, I didn't even know NICU (the neonatal intensive care unit) existed! Or the importance of kangaroo care (skin to skin), the different premature terms, (late to moderate preterm 32-37 weeks, very prem 28-32 weeks and micro prem meaning being born before 28 weeks!)

Premature birth is extremely scary and sometimes traumatic, there can be life-long disabilities, but many babies go on to be very healthy children and adults. They develop a little slower, but they catch up!

Our neonatal units are our lifelines, the nurses our

angels. NICU become home, the other mothers become your support network. You cry a lot and pump breast milk around the clock to give to your baby to help them grow. You get used to tickling your baby's feet to remind them to breathe. You blame yourself and envy other mothers who get to take their babies home. Leaving your baby is one of the hardest things you'll ever do.

The day you get to take your child home feels like you have won the lottery, but it can also be very scary, no longer do you have the machines and monitors to tell you your baby is still breathing, you grieve for the months of pregnancy you missed out on. You feel different from other mothers.

After coming home from neonatal we formed a support group with some other mothers, here in Queenstown for families with premature and neonatal babies.

A year on, I am organising this 'Family Fun Day' - a fundraiser to give back something to the very place that helped my little girl to survive. It will be held on Sunday 16th November in support of World Prematurity Day - 17th November

Thank-you for your time.

Emma and Jessie &

ONE in TEN BABIES are born premature in NEW ZEALAND.

That's 5,000 each year, one every 90 minutes.

Many more full-term babies also require specialist care.



Emma Weinert with daughter Jessie - Fundraiser Organiser & Founding Member of Queenstown Premature & Neonatal Babies Support Group.



November 17 is World Prematurity Day when we focus everyone's attention on the global problem of premature birth.

Introducing

some of our amazing wee people & their stories



This is
MAX

He was 9 weeks early due to ruptured membranes. He was 3lb 8oz when he was born & stayed in Neonatal in Southland Hospital for six long weeks before he got to go home to Queenstown.



Teeny tiny
HUDSON 3.6lbs
& **IVY** 3.9lbs

are not so little anymore, thanks to the Angels in Neonatal. Spontaneous labour at 30 weeks, meant seven weeks in Neonatal. Made bearable by the support of Ronald McDonald House.

JESSIE



I was having a great pregnancy, then without warning at 31 weeks my waters broke and Jessie was born a few days later, she weighed 3.8lb (1720g) and after a brief cuddle was whisked off to Neonatal, I was able to join her later for 5 undisturbed blissful hours of skin to skin ♥ Magic

Hi, our names are
MARNIE & HARPUR



We gave our Mummy & Daddy a bit of a fright when one of our placentas ruptured 2 months before our due date. We had to be delivered by an emergency caesarean section & weighed 4lb 4 oz & 4lb 14oz. We were well looked after by our lovely Neonatal auntsies at Southland Hospital for 5 weeks.



Perfect petite
EVA

had a speedy entry to the world 10 weeks early due to a sudden onset of hellp syndrome. She weighed 2lb 4oz and spent 8 weeks in Neonatal in Southland before coming home to Queenstown.

Hi, I'm **ELSIE**



Mum had pre-eclampsia so I grew very slowly and was born 3 weeks early weighing 2360g. I stayed in the neonatal unit for 2 weeks before I came home to Queenstown.





QUEENSTOWN
Premature & Neonatal
Babies Support Group



SUPPORTED BY

the
neonatal
trust

FAMILY FUN DAY

FUNDRAISER FOR NEONATAL & PREMATURE BABIES

SUNDAY 16th November
10am - 2pm LAKE HAYES ESTATE PLAYGROUND

10.00am MAMA BOOTCAMP
Dads welcome, bring a towel. Baby in buggies welcome.

10.30am PLAYBALL
With Nic Shea.

11.00am MUMS & BUBS YOGA
Dads welcome! Post natal focus with song, gentle movement and massage for baby.

11.30am MAINLY MUSIC
With Janetta Coulter.

12noon KIDS YOGA
A fun, creative way for kids to explore, stretch and strengthen.

12.30pm MINI MUSCLES
Music with Rae Paterson.

KIDS FACE PAINTING

SPOT PRIZES & RAFFLE

BAKE SALE
Yummy home baked goods for sale

SMOOTHIE BIKE
Pedal to make a delicious smoothie drink

JIM THE BALLOON MAN
11am - 1pm

TRASH & TREASURE SALE

Second hand goods for sale or sell your unwanted items, just bring along blanket to display them on. \$10 fee to sell items on blanket paid on the day.



ALL PROCEEDS GO TO THE
NEAREST NEONATAL UNIT.