

No Matter How Small – Premature Babies

Reviewed by Jody Wright

“You know it is just a whirlwind at first, to get a grasp of [all the] things going on, and everything is in a constant state of flux.” Says one father of a prematurely born baby. Parents feel lost and alone, living much of their day in the strange and new world of the NICU, trying to figure out what THEY can do to meet their baby’s complex needs.

Vida Health Communications has produced this excellent interview and information-filled DVD to help parents feel a part of a larger group of parents of prematurely born babies, and to feel empowered to provide developmentally-appropriate care to their babies.

The DVD Interviews a number of diverse families with premature babies and mixes it with footage of staff teaching parents about how to understand, handle and care for their baby.

Chapters include:

- Not What I Expected,
- Parents Matter: You Make Things Better,
- Brain Basics: What Shapes Development
- Born Amazing: Infant Senses and Strengths
- Reading Your Baby: Behavior, Signs and Signals
- Close and Connected: Nurturing in the NICU

Infant Massage USA trainers have started to integrate clips of *No Matter How Small* into their certification trainings to help CEIMs understand the challenges new parents of babies born early face, and be better able to support and empower them. The emphasis on reading their baby’s cues, providing developmentally appropriate care, and empowering parents fits in very well with our infant massage program.

You can get a copy of *No Matter How Small* from Vida Health Communications, Inc. at www.vida-health.com, 800-550-7047. Free previews are available. Or consider taking a refresher course or day at one of our trainings listed at www.infantmassageusa.org and see this video as part of our Teaching Infant Massage for Special Needs module.

Reviewed by [Jody Wright](#), trainer with the IAIM - International Association of Infant Massage.

