



MEET JULIET  
OUR PREEMIE



GEORGETOWN  
UNIVERSITY  
HOSPITAL  
FRIEND OF THE NICU



ARLINGTON SOCCER  
ASSOCIATION  
SCHOLARSHIP FOR  
COURAGE



4TH ANNUAL JULIET  
MEMORIAL GOLF  
EVENT  
OCTOBER 19, 2015

# juliet grace smith FOUNDATION

Born three months early, Juliet Grace is our preemie, and it is in her memory that this Foundation supports local NICU families.

## Improving the *preemie* family experience

There is a reason human pregnancy takes over nine months - every moment of that time is reserved for critical development. As pregnancy duration decreases, risks increase. Such high-risk, premature infants face serious challenges, but for the family, it is only the beginning. The Neonatal ICU can be an environment of fear, anxiety, confusion and even anger for the parents who can only "visit" their babies instead of caring for them at home. The stress on a family caring for a preemie is incredibly difficult - just as it was for Juliet Grace's family when she was in Georgetown's NICU.



A NICU mom performs kangaroo care with her preemie in the comfort of a chair donated by Juliet's Foundation

Anybody who understands the term "premature" likely knows a preemie or the family of a preemie. By partnering with local NICUs, the Juliet Grace Smith Foundation supports initiatives that improve the preemie family experience.

We are proud of our achievements, but there is so much more to do. We know we can't do it alone. Is there a preemie in your family? Do you have a friend that has had this experience? Perhaps you're just the type who likes to help the little

guy. Well there are no guys littler than preemies. Nothing is more difficult than not being able to help someone in need - especially a loved one, where all you want to do it help. **The mission of the Juliet Grace Smith Foundation is to help these families - to improve the preemie family experience. Help us help these families.**

## A “Friend of the NICU” at Georgetown

Since we formed our Foundation in 2011, we have raised nearly \$75,000. In 2012, we held our first golf event and simply handed our profits to Georgetown’s NICU Director to support his current

projects. In 2013, we took a more active role. Partnering with Dr. Melissa Scala, we funded a study to determine the positive effects of reading to preemies. In order to test the hypothesis, Juliet’s Foundation Sponsored the **Books for Babies** program - purchasing hundreds of children’s books that are regularly given away to parents to read to their children. This not only creates both a bond and a memory, but scientifically, it supports the language center of the developing infant brain. Our initiative for 2014 was to improve the comfort of parents providing skin-to-skin holding

(Kangaroo Care) to their newborns. Kangaroo Care is a caregiving technique used by parents that is proven to improve not only the health of the baby, but also the emotional health of the parent. The Foundation purchased items such as wraps to secure the infant to the parent, educational DVDs for families and nurses explaining the benefits and proper techniques for Kangaroo Care, and four comfortable recliners for the unit in hopes of encouraging more parents to choose Kangaroo Care when visiting their baby.

The experience of Juliet Grace’s family in the NICU provides ideal perspective for helping those families who are there now or could be in the future. Said one recent NICU mom, “*Thank you for all the personal and caring support! Your foundation really made a huge difference in creating a warm and comfortable atmosphere in the NICU!*”

PLEASE HELP US TO CONTINUE TO MAKE A HUGE DIFFERENCE IN 2015!

Thank you to our sponsors!



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JGSF has been a “Friend of the NICU” at Georgetown Hospital since 2011.



The Smiths present Dr. Siva with four parent-friendly glider recliners for the NICU.



A mom reads *Corduroy* with her preemie as part of the Books for Babies program.