

# Module 7: Learn More About Prematurity

## Contents

- **General Information Websites**
- **Mobile Phone Apps**

## General Information Websites

You have gotten a lot of information in the past modules. Here is a list of other websites where you can go in depth with a lot of the topics we have discussed:

[Hand to Hold](#) offers an online support group along with videos and articles to help parents with premature babies.

[Graham's Foundation](#) is an organization that offers resources and support for parents with preemies.

Visit [March of Dimes](#) offers NICU family support.

[Preemie Help](#) offers information about a variety of aspects related to caring for a premature baby.

BabyFirst offers resources and parental support for parents of premature infants. Visit [here](#).

Healthy Children gives a lot of information about premature babies and what you can expect with them. Visit the site [here](#).

[Kids Health](#) also offers some really great information in a really easy to understand way.

Pathways is another online resource that offers information about baby milestones and has a lot of free materials to print out and explore. [Click here](#) to visit their site.

## Mobile Phone Apps

[MoBap Baby Feeding Log](#) is a mobile app from the Missouri Baptist Medical Center that helps you keep track of your newborn's feeding schedule. It is available for iOS only.

[Similac Baby Journal App](#) gives you a way to track your baby's eating and sleeping habits and even diaper changes. You can use it on both iOS and Droid.

Congratulations! You have just completed the CHECK Prematurity Online Program! Hopefully it has helped you manage your prematurity better so you can stay healthier and enjoy life!

Even though you are finished, you can always go back to any module to review any information!

