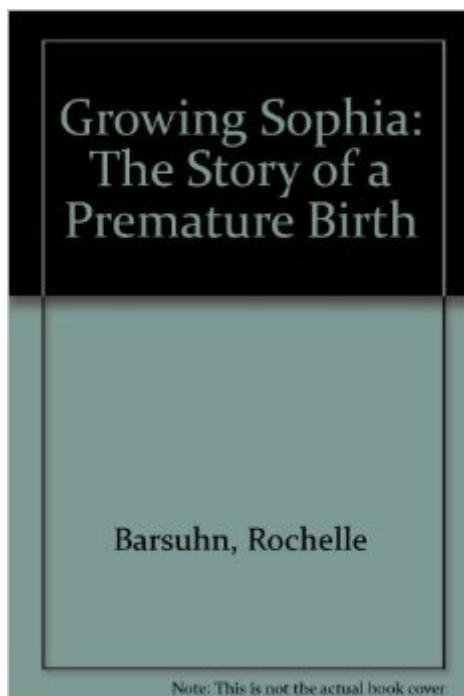


The book was found

Growing Sophia: The Story Of A Premature Birth



Note: This is not the actual book cover



Synopsis

Growing Sophia: The Story of a Premature Birth is the tender telling of the very early birth of Sophia, born at twenty-four weeks gestation, but it is much more. Under headings such as Grief, Guilt, Affection, Patience, Breastfeeding, Touch, Machines, and Hope the author honestly depicts the NICU (Neonatal Intensive Care Unit) experience through brief, evocative vignettes. With practical coping suggestions, a glossary of common terms, and a list of resources, Growing Sophia recognizes and validates the needs and feelings of parents of fragile, premature infants. --This text refers to an alternate Paperback edition.

Book Information

Paperback

Publisher: A Place to Remember (April 1996)

Language: English

ISBN-10: 0965084825

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Product Dimensions: 0.5 x 6.2 x 9.2 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #8,357,900 in Books (See Top 100 in Books) #98 in Books > Health, Fitness & Dieting > Children's Health > Special Needs Children #10632 in Books > Parenting & Relationships > Parenting > Early Childhood

Customer Reviews

This book is fabulous and a must read for NICU parents. I read many books when my twins were in the NICU and this book was my favorite - i couldn't put it down. Both my husband and I kept rereading it and have practically memorized it!The book is an amazing and touching story of the NICU roller coaster - the stress of seeing your baby in pain, the strain it can be on your marriage especially when you deal with it differently, the fear parents have when calling for an update etc.The various vignettes really hit home for us and it helped us to articulate every thing that we were feeling and helped us even more clearly share our feelings with each other and with our family members. It is easy to feel so isolated in the NICU and this helped us realize that someone else felt exactly like we did ...it was okay to be annoyed by the loud noise the garbage bag makes every time it gets changed and the sometimes lack of progress the babies make etc.It is a captivating story and a quick read that will make you feel like the author is writing about YOUR story, YOUR experiences

and YOUR feelings. It is a must read for parents and a great book to share with your families!

I am the new aunt of a 25-week preemie. In the hospitals NICU library, I found this book by chance, and I couldn't put it down. This collection of short vignettes gave me a peek into the mind of a parent of a preemie, into all the hopes and fears and trials and joys my sister and brother-and-law might experience. And right from the beginning, when my sister tearfully begged me not to do anything to hurt her baby, and a week later, when the strain and exhaustion in her voice were becoming obvious... I felt like I had some point of reference, having read Barsuhn's excellent work.

While my baby was in the NICU I thought this book would be specifics about a baby I didn't know...Wrong! A wonderful story that perfectly touches on the things ALL preemie parents go through. A quick read and a must read for those intimately involved with a premature child.

Lovingly written and perfectly explained the emotional rollercoaster that we experienced during our NICU experience. I would recommend to any parent currently going through NICU with their child, or anyone still trying to understand the trauma of that time in their lives.

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