

Mum plans premmie group

ROMSEY mother Rachael McKay will celebrate her two boys with special affection next Friday, July 25, when the second National Premmie Day is marked.

Both Hunter, 2, and 10-month-old Deegan were born prematurely at 35 and 32 weeks respectively.

Ms McKay said nurses and doctors at the Northern Hospital in Epping had been a source of support and inspiration to her.

"I was at the hospital round the clock with Hunter, while for Deegan I felt like I was on staff there as I knew the hospital so well," she said.

Ms McKay said both her sons were resilient and that they only had to be put on respirators for the first few hours after birth.

But she said the boys were smaller than their peers.

They were also more susceptible to some bugs – especially the respiratory syncytial virus (RSV), which causes cold-like symptoms that all premature

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babies experience before the age of two.

"It just takes them a bit longer to get over colds, so it's just a problem time of the year just now and a little bit of a worry," she said.

Ms McKay is aiming to start a playgroup for "premmies" in the area, with Romsey Community Hub slated as the venue.

"It would be really good for the children but also for the parents who really understand some of the different stresses involved in

a premature baby or child," she said.

Mothers who would like to join the playgroup can call Rachael on 5429 3182 or Wendy on 5426 1511.

Romsey's Rachael McKay with her sons, Deegan and Hunter, both born premature.

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