

IN THIS TOGETHER

JULY 2021 - JUNE 2022

2022
*Gratitude
Report*



life's little treasures
foundation

Supporting Families of Premature & Sick Babies



Life's Little Treasures Foundation is Australia's foremost charity dedicated to providing tailored information, education and support to families of babies born premature or sick.

Our goal is to ensure optimal outcomes for families who have gone through this life changing experience.

The Foundation's services are available in the hospital (neonatal intensive care and special care units) and in the community when families come home.

Our dedicated team are here to ensure families are not alone and always feel supported on this journey.



We provide:

Programs offering practical and emotional support.

Continued **assistance** to ease the transition from hospital to home.

Education opportunities for families and healthcare providers who support the families of premature/sick babies.

Easily accessible and relevant **information.**

Pathways for parents to address mental health issues that have emerged due to the stressful circumstances of their child's birth.

A resolve to increase **community awareness** of the unique issues faced by our families.

ceo welcome

FELICIA WELSTEAD



Our team at Life's Little Treasures Foundation (LLTF) has continued to grow from strength to strength and find new ways to support families.

Despite 2021-2022 being another 'COVID' year dealing with lockdowns and restrictions there were many positives for Life's Little Treasures Foundation.

In September 2021 we started a new NICU Connections – Dad's Group to ensure our dads and male carers had a place to go to normalise their feelings, express their thoughts and support one another.

Our second tax appeal raised \$55,000 to ensure families would continue to have access to Financial Assistance in 2023. In 2021- 2022 a total of 134 families were assisted.

Baby Bunting raised over \$300,000 for LLTF at Walk for Prems, while our community showed their support, raising close to \$200,000. This ensured

we could continue supporting families who needed our help more than ever.

Long-term partners Baby Bunting, Britax Safe-n-Sound and Medela reconfirmed their partnerships and we happily added growing baby products company Haakaa to the mix. The support from these major sponsors has been magnificent.

The team has continued to grow from strength to strength and find new ways to support families who have had a premature or sick baby. Support for LLTF from our community has been incredible.

I'd like to thank our volunteers that work across the organisation in peer support, packing, events and administration. Our volunteers are amazing people, with their help we are able to make a real difference to families on this journey.

We thank all our families, health professionals, partners, donors and volunteers for your support of our organisation. We simply could not do it without you! 💎

Felicia



“Our volunteers are amazing, with their help we are able to make a real difference to families on this journey.”

FELICIA WELSTEAD, CEO

chair report

CHRISS MANNIX



This is the last Chair report from me, as I finish up my time with Life's Little Treasures Foundation (LLTF) as a board member.

I was introduced to the world of premature babies through a chance meeting with Lynda Day, the founder of Earlybirds almost 14 years ago.

While I hope that I've played a small part in the continual improvement within the organisation, there are a few key achievements that the team has made over the past year that I'd like to highlight, especially considering the challenges of the pandemic. These include:

- Distributing 1,220 Precious Prem Packs as well as booklets and tip sheets to provide critical information that helps families through the journey of having a premature or sick baby.
 - This invaluable and credible information has been core to the support we provide, not just through the content of the materials but also the conversation it opens up.
 - Maintaining our position as a national not-for-profit as we
- continue to have a presence in 149 hospitals across Australia.
 - Staging numerous events and initiatives, including a very successful Little Reader's Read-a-thon and other social activities.
 - Increasing the number of 'Brekkie Bars' from six to nine, including the newest location in Townsville.
 - Continuing partnerships with very well-respected medical bodies, including MCRI, EFCNI, NIDCAP Australasia and GLANCE.
 - Introducing a new breast pump program with partner Medela which will assist 144 families in the first year. This will give families the best chance of establishing their breastmilk supply while their baby is still in hospital.
 - Assisting 134 families with vouchers and 14 with Going Home Packs.
 - Distributing more than 3,500 Little Bags of Calm which were developed by our product team and encourage a holistic approach to self-care. This figure was double the previous year's



“Information has been core to the support we provide, not just through the content of the materials but also the conversation it opens up.”

CHRISS MANNIX, CHAIR

- total – and exceeded our annual forecast. The Little Bag of Calm a lovely gift for parents of premature and sick babies.
 - More than 2,300 people registered to participate and there was a record number of 92 Walk Warriors who hustled to the highest level.
 - Delivering over 19,000 Milestone gift packs including 2300 for Fathers Day.
 - The 12th Walk for Prems was our biggest to date. WFP was held in three locations; Perth, Brisbane and Adelaide as well as virtually. We swapped our 'L' plates for 'P' plates and really hit our strides.
- Baby Bunting was instrumental to the event's success as they galvanised their workforce to fundraise and get involved. This year's walk raised \$493,729 which will be crucial to enabling the Foundation to carry on supporting families throughout the coming year and beyond.

CHAIR REPORT:

Just another quick shout out to Baby Bunting which has continued to support us on so many levels, with the passion for our work so apparent in everything they do for us. The Baby Bunting team's backing for LLTF is evident at all levels of their business and they have been consistently generous – whether it is with fundraising or sharing connections or insights.

In addition, we have continued our partnerships with Britax Safe-n-Sound, Medela and welcomed Haakaa with great success, thanks to the commitment and hard work from our National Partnerships Manager, Adriana Gomberg.

Our CEO, Felicia Welstead, has well and truly settled into the role, and added her very own 'Felicia touch', including the introduction of new and innovative fundraising activities, as well as working to bring people together for key events such as World Prematurity Day. She has really worked to immerse herself within the community and taken great pride in representing the organisation at events.

Karin Vosmansky has continually been a rock to me personally, as well as to LLTF. We are so lucky to still have one

of our founding directors on the board and someone who is so passionate and active within the organisation. We have managed to benefit immensely from her sharp financial nous and professional experience.

Our National Products and Services Manager, Karen Peters has achieved outstanding results and is always looking at new efficiencies and better ways of doing things. She's also the first person to offer practical and emotional support to the team and is a true cheerleader.

Product and Services Administrator, Maggie Lloyd, has been a ray of positivity, taking on additional roles including hosting our live interactions and acting as 'host'.

Thank you to all the 70+ volunteers who consistently show up to 'fly the flag' for LLTF and really help to keep things moving. This extends to my fellow board members, all of whom are exceptionally smart people with busy lives who still find the time to make LLTF the organisation it is today. They have been both fantastic colleagues as well as becoming lovely friends.

So that's a wrap for FY2021-2022. We should be extremely proud of the progress we've made as well as the consistency we've maintained!

I wish you all the very best as I 'pass the baton' to the next Chair, but of course I won't be completely disappearing from the LLTF world – I'll still be trying to get in on the craft sessions and cheering LLTF on from the sidelines.

Chriss Mannix,
Chair 💎

“We should be extremely proud of the progress we've made as well as the consistency we've maintained!”

CHRISS MANNIX, CHAIR





product & services

KAREN PETERS



“This year we recognised over 19000 parents in hospital sending gifts for Mother’s Day, Father’s Day, Easter and Christmas. These gifts remind parents there is a community thinking of them and they also link them to critical services like ours support groups and resources.”

KAREN PETERS, NATIONAL PRODUCTS AND SERVICES MANAGER

It has been another busy year for the team at LLTF with a strong focus on expansion of services nationally, increasing accessibility and awareness amongst our community, and ensuring more families have easy access to support and a community of understanding.

We saw our NICU Connections online group expand to include a new weekly support group just for dads. In total, over 1400 participants joined our three online support groups over the year. Our Brekkie Bar extended to two new Victorian hospitals and one South Australian hospital with a massive 3120 brekkie boxes being delivered across 9 hospitals, an uplift from six hospitals in 2021.

With covid restrictions easing, we welcomed back our warehouse

volunteers. With their help, our products and services were delivered to 149 neonatal hospitals nationally. We also saw a significant growth in orders of our Precious Prem Packs with volunteers lovingly packing 1220 packs, an increase from 348 packs from the previous year.

We were thrilled to end the year with the launch of our new Breast Pump Program, which will provide 144 new parents with a free breast pump aimed at supporting them in establishing their breast milk supply while their baby is in hospital.

As we look to the year ahead, continued growth in programs across Australia and opportunities to broaden our community reach will remain our focus. 💖

KAREN PETERS, NATIONAL PRODUCT AND SERVICES MANAGER

LLTF PRODUCT/SERVICE	2021-2022 FIN YEAR RESULT
Financial Assistance packs	134 families assisted
Partnering hospitals	149 hospitals supported
Tip Sheets	12280 distributed
'My Colourful Journey' colouring-in book	2253 books distributed
SCN Guides and NICU Guides	5875 books distributed
Precious Prem Packs	1220 packs distributed
Hospital Milestone Gifts	19692 distributed
Little Bag of Calm	3490 bags delivered
NICU Connections closed Facebook group/In hospital	49 weekly group sessions delivered
NICU Connections closed Facebook group/At home	49 weekly group sessions delivered
Brekkie Boxes	3120 delivered nationally to families in hospital
Brekkie Bar Expansion	9 hospitals serviced (4 in VIC, 1 each in TAS, NSW, QLD, ACT & SA)
Little Readers Read-a-thon event	35 hospitals participated
'My Brave Journey' colouring-in book	440 books distributed nationally

PRODUCT & SERVICES REPORT: HIGHLIGHTS



3210 Brekkie Boxes delivered nationally & expanding to nine hospitals



2253 'My Colourful Journey' delivered nationally



440 'My Brave Journey' distributed nationally

134 families given financial assistance



1220 Precious Prem packs distributed



5875 SCN & NICU books distributed



3490 'Little Bags of Calm' delivered



49 NICU Connections Facebook closed group sessions delivered to parents & carers in hospital



35 hospitals took part in the Little Readers Read-a-thon

49 NICU Connections Facebook closed group sessions delivered to parents/carers at home



partners & supporters

ADRIANA GOMBERG



At LLTF, we are honoured to have the opportunity to partner and receive support from organisations that stand for our vision and share our values.

Their incredible support, combined with the collaborative nature of our partnerships allow us to amplify the positive impact we can have throughout this community.

Without the support from every single one of our partners and supporters, we could not deliver crucial products and services to so many families of premature and sick babies across Australia. From the families we help and the team at LLTF, thank you!

MAJOR CORPORATE PARTNER:

BabyBunting



LLTF is incredibly proud to call Baby Bunting a Major Corporate Partner. Since 2015, the passionate team at Baby Bunting has been with us every step of the way - offering support, funding a diverse range of activities and helping us raise awareness about premature and sick babies throughout Australia. Baby Bunting understands the needs of families and the importance of specialised support, and together, we can help more families in more ways than ever before.



PARTNERS & SUPPORTERS: MAJOR CORPORATE PARTNER, BABY BUNTING

“We’ve seen first-hand how our donation has made a difference in the way the Foundation can operate as a business, as they work hard to ensure that support is easily available for families navigating such a life-changing experience.”

MATT SPENCER, CEO & MANAGING DIRECTOR, BABY BUNTING



“Our team at Baby Bunting are delighted to have supported the Life’s Little Treasures Foundation for another year, with 2021 marking our sixth year of partnership. The wonderful work the Foundation does for families of premature and sick babies is invaluable and makes an enormous difference in the lives of the parents and children who are on such a challenging journey.

We know that our mission to support new and expectant parents doesn’t begin or end with our product and service offering; it’s also about understanding that every entry into parenthood is different and comes with unique circumstances. No two stories are ever the same, and some are more difficult than others. This is what makes our partnership with Life’s Little Treasures so special – our values are closely aligned.

Supporting families of premature and unwell babies is a cause that so many members of our Baby Bunting family personally relate to, and with the help of our generous customers across Australia, we are pleased to have contributed our largest donation ever in 2021 to help enable Life’s Little Treasures to continue their amazing work in this space.

We’ve seen first-hand how our donation has made a difference in the way the Foundation can operate as a business, as they work hard to ensure that support is easily available for families navigating such a life-changing experience. We look forward to maintaining the close partnership between Baby Bunting and Life’s Little Treasures Foundation as they continue this important work throughout 2022.”

MATT SPENCER, CEO & MANAGING DIRECTOR, BABY BUNTING

PARTNERS & SUPPORTERS: MAJOR CORPORATE PARTNER, BRITAX SAFE-N-SOUND

MAJOR
CORPORATE
PARTNER:



Britax Safe-n-Sound have been passionate supporters of LLTF for the past five years and we are grateful and proud to align ourselves with a brand that is synonymous with safety, comfort and quality.

Britax Safe-n-Sound continued to demonstrate their commitment to LLTF and our community in 2021/22 as Major Sponsor of our Precious Prem Packs, donating 1200 Britax Unity Infant Comfort Inserts included in the packs.

We were thrilled that Steelcraft joined us again as a Major Sponsor of Walk for Prems 2021, also generously donating eight Steelcraft Strider Signature V5 bundle as prizes. We thank President, Dirk Voller, President, APAC, Britax Safe-n-Sound and his entire team for their tireless support, especially Narelle Miller and Francisca Schilling.



“Every year we continue to be amazed by the dedication and wonderful work performed by the Life’s Little Treasures team. We are honoured to support an organisation that gives so much back to families and babies in need. Being able to directly impact the lives of children is why we partner with Life’s Little Treasures, and we look forward to growing our relationship into the future.”

DIRK VOLLER, PRESIDENT,
APAC, BRITAX SAFE-N-SOUND

CORPORATE PARTNERS:



“Children are at the heart of everything we do as a brand – so we are excited about this partnership and the opportunity to contribute to a mission that is making a huge difference for so many little ones and the people who love them.”

SHU, HAAKAA FOUNDER

Haakaa is our newest Partner, and we were thrilled to welcome them to the LLTF family in 2021 as a Major Sponsor of our Walk for Prems event and our flagship Precious Prem Packs. Haakaa is a multi-award winning brand and has a range of innovative and practical products that provide excellent, accessible options to all families, including those of premature babies. It’s been inspirational to collaborate with such an amazing team led by Owner Shu Ting Zhan, Joy Cao and Emily Smith and we look forward to a long and flourishing collaboration in the years to come.



Medela has partnered with LLTF since 2014 and our collaboration has only strengthened throughout the years. Medela has continued to sponsor our Walk for Prems, also providing discount vouchers and breast pads for inclusion in our Precious Prem Packs. With thanks to Medela, we have been able to develop and launch our new Breast Pump Program, gifting Medela Swing Maxi Double Electric Pumps to families in the NICU. We thank Jarrod Percy, Managing Director, Medela Australia, Margarita Magdalinos and Onna Tantri for this wonderful, long-standing partnership.



WE ARE VERY GRATEFUL FOR THE CONTRIBUTIONS FROM OUR SUPPORTING PARTNERS AND THANK:



Earlybirds and Director Lynda Day for their incredible support across a number of activities including donating gorgeous premmie clothing included in our Precious Prem Packs, for raising awareness of prematurity by attaching LLTF swing tags to their clothing range, and including LLTF’s ‘A Guiding Hand’ booklet with selected orders.



Oricom and Marketing Manager Marlene Silva for being a valuable sponsor of our Walk for Prems 2021 and donating incredible prizes for our online competitions, as well as their support of our Family Assistance Program through donation of thermometers and baby monitors.



We are also honoured and humbled to receive support from philanthropic bodies, Trusts & Foundations and corporations, including:

- The Datt Family Foundation
- The Gourlay Family Trust
- Stan Perron Charitable Foundation
- Smartgroup Foundation
- Turosi Giving
- The Frances and Harold Abbott Foundation and Equity Trustees
- Thinktank

and to receive Pro Bono and In-kind support from:

- Bird & Bird
- Bonds
- Gloveman ONE Packaging
- Lander & Rogers Lawyers
- Lake Press
- Thread the Word
- Twinings
- Web Intelligenz



The multiple lockdowns and restrictions faced over the past twelve months has proved challenging for our community, particularly for families who have felt more isolated than ever on their journey. Recognising the need to maintain a connection with our community, this year LLTF introduced new campaigns and re-energised existing campaigns, to engage our stakeholders through the power of shared storytelling.



We collaborated with the Australian Multiple Births Association on our first 'Twins Tribute Day', a campaign that was designed to raise awareness of the challenges that families of premature and sick twin babies face. Held to coincide with the auspicious date of 22.2.22, families of twins were encouraged to share their personal stories.



The campaign was embraced by many families and saw an inundation of stories of strength, courage and determination.

As the most important day of the year for the premature community, our World Prematurity Day campaign was designed to raise awareness for the challenges of pre-term birth, to celebrate our little treasures, and to honour the struggles of babies born too soon to survive and thrive. Among the activities was a virtual event that highlighted different perspectives on prematurity, told through the experiences of members of our community, including a mum, a dad and a health professional.

We were honoured to be joined by families, partners, health professionals and supporters for this virtual event that provided an important opportunity to connect and engage with our community.

This year, other World Prematurity Day activities were also planned to encourage celebration and awareness within the broader community. This included hand delivering 128 purple lapel pins to parliamentarians in Victoria and encouraging them to not only wear our pin, but to start conversations aimed at educating the wider community of the importance of this cause.



On this day we also paid tribute to all the incredible health professionals who work tirelessly to take such good care of our little treasures. Special gift packs, filled with chocolates and tea, were sent to 29 hospitals Australia-wide to show our appreciation.

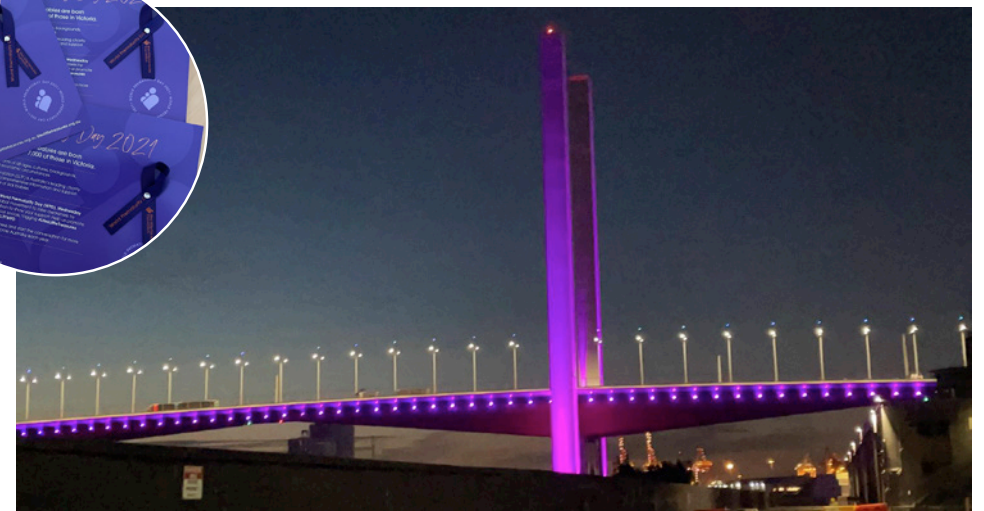
To conclude our World Prematurity Day celebrations, the wonderful team at Transurban granted our request to light up the Bolte Bridge in purple, in a beautiful display of solidarity for the 15 million babies born prematurely across the world each year.

As we celebrated our twelfth Walk for Prens event this year, the impact of Covid-19 was ever apparent. Despite having to adopt a hybrid format that

involved in-person walks in permitted locations, as well as a virtual walk, this year 2,350 people came out in support of families of premature and sick babies. Once again, the level of engagement and support received was incredible and we wish to thank all the families who bravely shared their stories in the media to help generate awareness and understanding of the challenges that having a baby born premature or sick can bring.

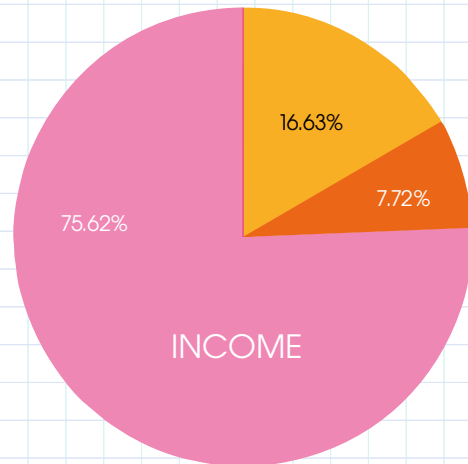
We look forward to continuing to engage our stakeholders and strengthening our sense of community and connection in the coming year. 💜

BELINDA ALGIE, MARKETING & COMMUNICATIONS MANAGER



2021/2022 financials

KARIN VOSMANSKY



INCOME

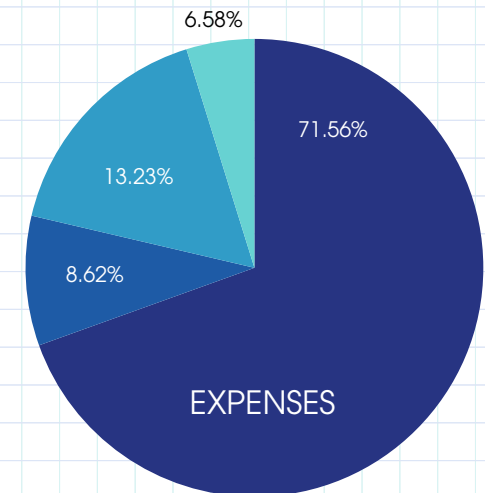
Corporate	\$153,448.00
Philanthropic Trusts and Foundation	\$71,240.00
Community Events inc donations	\$697,679.00
Interest Income	\$285.40

TOTAL: \$922,652.00

EXPENSES

Support and Service Delivery	\$628,201.00
Fundraising Costs	\$75,650.00
Operating Costs	\$116,162.00
Walk for Prems Costs	\$57,799.00

TOTAL: \$877,812.00



BALANCE SHEET AS OF JUNE 2022

ASSETS		
Current Assets	\$480,580.59	
Other Assets	\$425.00	
Property & Equipment	\$144,838.67	
Total Assets		\$625,844.26
LIABILITIES		
Current Liabilities	\$179,466.91	
Total Liabilities		\$179,466.91
Net Assets		\$446,377.35
EQUITY		
Directors Capital	\$60.00	
Retained Earnings	\$401,476.64	
Current Year Surplus/Deficit	\$44,840.71	
Total Equity		\$446,377.35



our community FAMILY STORIES

TARA AND BABY NAINA

When Baby Naina was born at 32 weeks, weighing 1800g, Mum, Tara, struggled with feelings of isolation. This is Tara's story...

"When Naina was born, she experienced various episodes of bradycardia and one instance showed signs of NEC in which she had to stop all feeds for a period of couple of days. This felt like going back to square one as I am sure most other families would understand. Every single win, even small, is one step closer to home and when that is suddenly taken away, it is heart wrenching.

Naina spent a total of 32 days between NICU and SCN with one hospital transfer in between. The hardest part for me was restricted visitation due to COVID. Having another child at home made it hard to balance time with Naina and him, and due to restrictions, my son was not able to meet his sister for a month.

I struggled with my own emotions, and I always felt guilty, like it was my fault for failing her and giving her such a hard start to life. I felt robbed of my pregnancy and ability to be ready for her to arrive. I struggled with the hospital environment, the sounds, alarms, seeing other people's stories, it was overwhelming to say the least and when I had to return to hospital with Naina due to illness, I had severe anxiety hearing the alarms.

Taking care of myself is something I also struggled with, which is where Life's Little Treasures was a massive support for me. The little gift bags of activities, journals and resource books took my mind off the craziness and encouraged me to take moments for myself. It is important to take care of yourself and even those around you. I managed to make some friends with some mothers from SCN and we would cry together. Even to this day we talk about the challenges of a prem baby."

"It's important to surround yourself and network with those who have or are going through the same thing."



Hannah and Baby Mehdi

At a routine check-up at 24 weeks, Hannah knew something wasn't right with her pregnancy. Her intuition proved true when Baby Mehdi was born at 25 weeks, weighing 650g.

This is Hannah's story...

"Mehdi was incredibly active and extubated himself about 7 times, in the first 2 months of his life. He failed every attempt at NAVA during that time where he was re-intubated. Every time I saw him, his alarm was always red, always desaturating, never stable. We nearly lost him many times.

One lovely nurse decided to try him on CPAP instead of NAVA and it worked until he caught CMV. He was extremely ill and we were so worried. But after 2 weeks of battling CMV, they extubated him and he went on CPAP again. During this time, he had several blood infusions and medications but he wasn't progressing at all.

He finally turned a corner when a miracle nurse suggested to try him on high flow. She gave him a bottle and he took it like a champ! Three weeks in and he finally was approved to fix his massive hernia. Once it was fixed, my beautiful son was a new man! No more



desats, room air oxygen – a normal baby. I couldn't believe my eyes how life changing this surgery was.

Then, two days after his hernia surgery, he needed emergency surgery for ROP. It took 2 hours in theatre, and the next day he was so worn out. They extubated him 20 hours later and he was able to have a feed.

It has literally been such a roller coaster. I cried nearly every day for the first 3 months and still do today. The first time I got to hold my son was when he was 6 weeks, and all I wanted was my baby boy home, healthy and happy!

Mehdi is now home and doing well. He loves food, rolling, commando crawling and saying mama and baba. We are very blessed."

"I pray that every baby doesn't have a hard time in hospital and that miracles do happen. Never give up, they are stronger than what you think!"

Kate and Baby Cooper

Kate's world turned upside down when a routine scan at 28 weeks resulted in an emergency transfer to a high-level maternity hospital and subsequent premature birth of her son, Cooper. This is Kate's story...



"The RFDS flew me to Flinders Medical Centre. The following hours were such a blur for me. I saw eight different doctors, midwives, nurses, surgeons and anaesthetist, all of whom said my placenta had given up, baby's heart rate trace was concerning, my blood pressure was high and, because of all of this, it's safer for my baby to be born so they could care for him. As much as I appreciated the honesty and promptness of the staff, I was so scared and felt that my body had completely betrayed me.

The days and weeks since having Cooper have all flowed into one. There's been lots of tears, lots of calls, lots of Facetimes and lots of travelling.

The staff in the NICU are second to none. Their knowledge and abilities are incredible. We've had our up and down days and our lives haven't been easy on this journey so far. But you've just got to take the cards you've been dealt and make the most of it.

My advice, especially for parents from the country that go through this journey, is to be kind to yourselves - no emotion is unwarranted."



"This journey is only a small fraction of the lifetime you'll get together as a family. Always look forward as there is light at the end of the tunnel."



HILARY AND BABY QUINCY

Baby Quincy was born at 36 weeks weighing 3,710g and underwent major surgery on her first day to remove a large tumour and reducing her weight to 3,000.

This is Hilary's story...

"Quincy spent 28 days in hospital. On day five she suffered from a wound breakdown, so this prolonged her hospital stay and required a lot of medical

intervention. On top of everything, we lived an hour away from the hospital and had a sick two-year-old at home, so we were being pulled in both directions, feeling guilty for not being there for both of them.

Not having my family fly up from Victoria during my pregnancy for emotional support was tough due to Covid restrictions. So too was the NSW-Queensland border closure as, due to Quincy's condition, we couldn't go to our local hospital in NSW and had to go to the Queensland one, which meant excess border traffic. The borders didn't reopen until February, so every day we had to queue up for crossing on the way to see our baby in hospital.

Life's Little Treasures were a huge help, with their online support groups both in and out of hospital, the information packs they sent out, as well as all the other gorgeous gifts that brought some brightness and happiness into the hardest time of our life. I still utilise Life's Little Treasures services because for me they are a huge help and remind me that I'm not alone. I can't thank them enough for all the support they've provided us with."

"I would tell other families that the little achievements are BIG achievements. No matter how insignificant they may be - they are worth celebrating!"

OUR COMMUNITY: WORDS OF THANKS

“LLTF helped myself and my husband mentally and emotionally during our daughter’s NICU journey. Because of LLTF, we were able to connect with other parents, as well as parents who were home, through their NICU Connections groups. You guys make a big difference!”

SHERALEE, MUM TO 25-WEEKER, CHLOE

“I was very fortunate to be supported by Life’s Little Treasures Foundation through their breakfast bar. To be honest, eating was always the last thing on my mind so to know I could grab a breakfast pack before a long day in the NICU, was amazing. They were amazing and such a great way to ensure us mums looked after ourselves too. And the friendships formed over those meals are ones that I will have for life.”

ROSIE, MUM TO 28-WEEKER, ARKIE

“LLTF welcomed us into a community where we instantly felt understood and connected. The affirmation cards we use daily, and although we have gone through the pack multiple times already, they are always a good reminder, especially on the more challenging days. Thank you, LLTF, for understanding how difficult the journey is, and thinking of the small things that make a big difference to the experience.”

KATHERINE, MUM TO 23-WEEKER

“I use the LLTF NICU connections group to connect and talk about what was going on. They are continuing to be a great source of support especially as my son has been in and out of hospital.”

KRYSTIN

“LLTF got me through some of my darkest days. The Little Bag of Calm, containing the Little Box of Calm, were my go-to. I’ve never felt so alone in a room full of so many people. Some days I would nurse my little bag of calm and just stare at my babies. It gave me comfort knowing the parents were being thought of during this traumatic journey.”

SARAH, MUM OF 25-WEEK TWINS

“LLTF has been instrumental in being an incredible support network since the birth of my son, my miracle micro preemie. I remember the day after receiving an incredibly generous gift bag in the NICU and being so overwhelmed, I cried. For the first time I felt like I wasn’t alone.”

MIKAIL, MUM TO 27-WEEKER

“I take comfort every Friday morning for the NICU chats and I contribute if I can. Later in the day and during these late nights at hospital (just like this one tonight is going to be) I read over everyone’s stories and take hope and positivity that I don’t think I would have normally found. Thank you.”

KABE, DAD TO 25-WEEKER, ARCHIE

“LLTF validates that late premature babies can face the same complications as micro prems, acknowledging that a premature baby is a premature baby regardless if born at 24 or 36 weeks we weren’t made to feel like our daughters birth wasn’t traumatic.”

RACHELLE

“LLTF has given me hope, support and connection.”

STEPH



**1 in 10 babies
in Australia**
are born premature
(before 37 weeks gestation).

72 babies are born
premature each day
in Australia.



life's little treasures
foundation

Supporting Families of Premature & Sick Babies

***Please consider supporting us by donating, volunteering or fundraising
to join us in advocating for premature and sick babies across Australia.***

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