



10 Oct 2018

Maribyrnong Weekly, Melbourne

Author: Goya Dmytryshchak • Section: General News • Article Type: News Item
Audience : 26,082 • Page: 3 • Printed size: 360.00cm² • Region: VIC • Market: Australia
ASR: AUD 1,812 • words: 291 • Item ID: 1020161443

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Making good on an early start to life

They weren't baked for very long but the mix was right.

That's how Altona Meadows couple Kimberlee and Sam Blyth refer to the premature births of their two children.

The pair are taking part in the Walk for Prems, the largest annual fundraiser for Life's Little Treasures Foundation supporting families of babies born sick or before 37 weeks.

Their oldest, four-year-old William, was born at 25 weeks and one day, weighing just 750 grams.

"He fitted in the palm of our hand," Ms Blyth said. "He was our first and we were with him for 125 days in the neonatal intensive care unit.

"It was really stressful because he had lots of breathing difficulties and he had heart difficulties and eye difficulties, so lots of little operations and a few times where it was really touch and go.

"But he was always very resilient and very strong.

"But it's a real emotional roller coaster."

Penelope, aged 20 months, was "a breeze" by comparison.

She was born at 32 weeks and five days, weighing 2.2 kilograms.

"I couldn't bake them for very long but we always say the cake mix was right," Ms Blyth said. "We're really lucky ... since coming home and checking out of the system they've had a really easy run.

"The kids seem pretty healthy and strong and happy."

Ms Blyth herself was also a premature baby, born at 26 weeks "a long time ago".

Every year in Australia, 48,000 babies are born premature or sick.

Melbourne's Walk for Prems is at Albert Park Lake on Sunday, October 28 at 9am. There is also a Virtual Walk for Prems.

For more information visit www.walkforprems.org.au

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Kimberlee and Sam Blyth with their children Penelope and William. (Damjan Janevski)