



# KATE GRIFFIN

Mom to Colton & Bryant, 25 week twins, and Sloan, full-term  
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## OUR NICU JOURNEY

In January 2010, Brandon and I quickly discovered the NICU at the Kingston Health Sciences Centre in Kingston, Ontario when we welcomed twin boys at 25 weeks. Bryant weighed 595 grams and Colton was 655 grams. At 10 days, Bryant passed away after showing signs that his struggle was too great. Colton remained in critical condition for weeks. He had many difficulties, his lungs being the major concern. Slowly he showed signs of improvement and we gained hope of bringing him home. After 117 days, Colton graduated from the NICU and came home on oxygen and with an oximeter.

## OUR NICU GRADUATE PARENT ROLE

Brandon and I started in our role as Veteran Parents at the Kingston Health Sciences Centre when Colton was 4 years old. In this role, we visit the hospital to share our NICU journey, offer support and answer questions for parents who currently have a little one in the unit. I, along with some other fellow moms, also wanted to fill a gap in support for families post discharge in Kingston. We decided to create Kingston Mighty Premies, an online group of parents from the Kingston Area who have been affected by premature birth. This space offers a place for support once their child has graduated from the NICU. Kingston's Annual Premie Picnic and World Prematurity Day Celebrations are two events that we help to organize as well. We share our parent expertise annually about decision making in the NICU with medical students at Queen's University and assist the University Hospitals Foundation Kingston to raise funds for the NICU.

## OUR FAMILY NOW

In October 2012, we welcomed a daughter, Sloan. With some modifications to my pregnancy, including a cerclage at 14 weeks, I carried her to full-term. Colton is now a 13 year old athletic and energetic boy with no long-term health effects from being born 15 weeks premature.



Colton,  
Kate, Sloan  
and  
Brandon,  
June 2022



Top left; Kangaroo Care at 4 weeks  
Top right; Kate holding Colton for the first time at 4 days old  
Bottom left to right; Colton three weeks old, on CPAP at 9 weeks, sporting custom hats at 10 weeks, NICU Graduation after 17 weeks in the hospital, Colton swinging at the park at 10 months old, Colton welcoming his sister Sloan

Kingston Health  
Sciences Centre

CPBF  Canadian Premature  
Babies Foundation