Dear Friends,

Your generosity plays a vital role in supporting faculty scholars and other investigators who might not otherwise have the resources to conduct their research.

Premature babies like Jayden need all the help they can get, and research is key to our understanding of how to give them the best chance for a healthy future.

By supporting research, Children’s Fund donors like you have helped change the way we care for preterm babies through life-saving interventions from prenatal screening to kangaroo care.

However, prematurity remains the number one cause of death in children under 5 years of age worldwide. In 2016, our nation’s premature birth rate worsened for the first time in eight years. There is still so much to be done to prevent prematurity and to help children realize their full potential.

With the support of donors like you, these studies and more are currently under way at Stanford:

- **Catherine A. Blish, MD, PhD,** is looking at the connections between infectious diseases and preterm birth.
- **Heidi Feldman, MD, PhD,** and a team from pediatrics, neuroscience, psychology, education, and radiology are studying the implications of subtle changes in brain circuitry for language and learning.
- **Anca Pasca, MD,** is developing a human in vitro model for encephalopathy of prematurity, or brain injury linked to premature birth.

Thank you so much for your ongoing partnership—and the impact you are making on children’s health!

Best wishes,

Mary Leonard, MD, MSCME

Arm and Pete Horman Professor and Chair, Department of Pediatrics
Stanford School of Medicine
Adelynn Jay Physician in Chief
Lucile Packard Children’s Hospital Stanford
Director, Stanford Child Health Research Institute

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Cover Image: Chrystin (right) and Cassandra are thankful for your support of their son, Jayden.

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**More Inside:**

**How You Can Help Meet the Humans of Packard Children’s Your Newly Expanded Children’s Hospital**

**You Gave This Young Family a Healthy Start**

Chrystin’s head was spinning. This was it!

Right on his birthday, before they even got to sing “Happy Birthday” or serve his favorite Oreo cake, Chrystin’s fiancée Cassandra announced. “My water just broke.”

CONTINUED INSIDE...
You’re invited: Conquering Difficult Discussions with Your Family

Tuesday, March 21 | 6-8 p.m. | Arrillaga Alumni Center | 326 Galvez Street, Stanford

Our panel will focus on how to approach difficult conversations you may encounter with your child, and how to create a safe and comfortable environment for sharing.

Moderator: Victor G. Carron, MD
John A. Turner, MD, Endowed Professor in Child and Adolescent Psychiatry
Director, Early Life Stress and Pediatric Anxiety Program, Stanford University

Panelists:
Steven Adelholm, MD
Director, Stanford Center for Youth Mental Health and Wellbeing
Denise Clark Pope, PhD
Senior Lecturer, Stanford University Graduate School of Education
Co-Founder, Challenge Success
Lysette Hsu, MD
Head of Adolescent Mental Health Services, Children’s Health Council
Louise Paustenbach, MA, MFT
Project Manager, Office of Mission, Initiatives & Institutional Planning Sacred Heart Schools

For more details or to RSVP, contact Brittney Dawes at (650) 497-9943 or Brittney.Dawes@lpch.org

See a video message of thanks from Chrystian and Cassandra at supportLPCH.org/Jayden

CONTINUED FROM THE FRONT PAGE...

Three weeks ahead of his due date, tiny baby Jayden arrived at their local hospital in King City, California. He was immediately surrounded by a concerned care team.

“When Jayden was born, we saw his chest heaving so fast,” recalls Chrystian. “I had never seen a chest expand and contract like that before. We knew something was wrong.”

Their doctors identified a heart murmur and quickly called an ambulance to rush Jayden 126 miles north to Lucile Packard Children’s Hospital Stanford.

Even in the midst of uncertainty, Chrystian felt a sense of reassurance when he arrived in Palo Alto. “I knew we were in the best place possible,” he says.

In our neonatal intensive care unit, Jayden’s care team went to work, inserting a feeding tube and setting up machines to help him breathe.

Through those first few long, emotionally exhausting days, Jayden, Chrystian, and Cassandra relied on the support of family and social services—made possible by donors like you.

“Everything helped,” said Chrystian. “We had our own room to sleep in at the hospital so we could stay near Jayden. Our social worker gave us free meal vouchers. Every little bit helped because we don’t have a ton of money that we can spend right now.”

It was more than five days before Chrystian and Cassandra could hold their little boy for the first time.

“I was nervous to hold him,” recalls Chrystian. “He was so fragile; I didn’t want to hurt him or even put diapers on him at first. But I just couldn’t wait to kiss his face.”

Finally Jayden’s health stabilized and he was given the green light to head home with his family.

“The doctors told us that babies born with heart murmurs go on to be fine and lead healthy lives,” Chrystian says. Today, Jayden is 5 months old and doing well. “Now he’s my rough, tough alligator and I want to raise him to be a strong individual. Hopefully someday he can play sports, go on to college, and do well academically.”

To caring donors like you, who support our hospital and patients like Jayden, Chrystian says this: “Thank you for your generosity. Without your donations, I don’t think we would have gotten the great care that we did. There are a lot of families that travel a long way to this hospital, and I want to say how much we appreciate what you’ve given us.”

How You Can Help
Your support makes a life-changing difference every day for patients like Jayden and their families. Make your best Children’s Fund gift today in the enclosed envelope or at supportLPCH.org. Thank you!

Meet the Humans of Packard Children’s
You make a difference for the patients, parents, staff, and volunteers at Lucile Packard Children’s Hospital Stanford. Meet a few of them, including Heart Center patient Melina, and read their stories, told in their families’ own words.

Visit Facebook.com/HumansOfPackardChildrens