



One Step Forward, Two Steps Back

Norman & Kimberly Wilder

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August 31, 2005, was supposed to have been a wonderful day for Kimberly Wilder. She had just received a promotion at work. She had a loving, supportive husband, and she was expecting their first child together. But as the day wore on, Kimberly started experiencing abdominal cramps, and they lasted through the night. Knowing deep inside that something wasn't right, Kimberly's husband rushed her to the emergency room at two a.m. They soon found out that Kimberly was dilated to a four and would be having the baby soon she was twenty-five weeks pregnant. Kimberly gave birth to Nathan Wilder on September 3, 2005. He was considered a micro-preemie and weighed in at a remarkably small one pound, thirteen ounces. One Step Forward, Two Steps Back chronicles the four long months Nathan spent in the hospital and the trials and triumphs his parents faced during that painful time. Kimberly shares her deepest fears and feelings of inadequacy, along with the joyous memories of getting to hear her son's first cry and holding him for the first time when he was a month old. Kimberly's faith in God and willingness to trust her son's care to him brought her through the touch-and-go months after Nathan's birth. Parents of premature babies will learn the valuable lesson Kimberly learned: taking One Step Forward, Two Steps Back is better than not moving at all.

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