



preemieFAMILY

Vol. IX, Issue 1: January 2022



A NOTE FROM JENNY

PreemieWorld continues strong in 2022!

Check out our preemie resources - supporting both preemie parents and professionals.

PreemieWorld Newsletters: Get the latest preemie-related news, resources and support. Available by subscription only.

- <https://premieworld.com/subscribe-preemie-family/>
- <https://premieworld.com/subscribe-preemie-pro/>

The Preemie Parent's Survival Guide to the NICU: An invaluable resource for parents and pros. Use this code for 20% off: **PREEMIEWORLD20**

<https://premieworld.com/store/>

Alliance for Black NICU Families - Supporting the Black preemie community.

<https://blacknicufamilies.org/>

Preemie Crystal Ball: A research portal for the preemie community from pregnancy and beyond.

Join the movement! <https://crystalballhealth.com/>



[continued at premieworld.com/note-from-jenny-2022-Jan](https://premieworld.com/note-from-jenny-2022-Jan)

STRATEGIC PARTNERS

PreTRM

PROLACTA BIOSCIENCE

CRYSTAL BALL HEALTH



pretrm.com

prolacta.com

felicimedia.com

NICU HEALING

CRYSTAL BALL HEALTH

ONCE UPON A PREMIE



nicuhealing.com

crystalballhealth.com

onceuponapremie.com

WANT TO PARTNER WITH PREEMIEWORLD?

Visit premieworld.com/our-partners to inquire.

AFTER THE NICU

CDC recognizes January as **National Birth Defects Awareness Month**. Meeting the complex needs of a preemie with birth defects involves the whole family and can be challenging at times. But finding resources, knowing what to expect, and planning for the future can help.

- **Early Intervention Support Services:** supports that are available to babies and young children with developmental delays and disabilities and their families. [Find your state or territory's early intervention program](#)
- **Congenital Heart Defects:** Babies born with heart conditions are the #1 type of birth defect in the U.S., affecting 1 in every 110 people. Need support? Check out Mended Little Hearts.
- <https://mendedhearts.org/>



[continued at premieworld.com/afterthenicu-2022-Jan](https://premieworld.com/afterthenicu-2022-Jan)



PREEMIE STORY OF THE MONTH

REBECCA EILEEN DISCENZA



“With challenges come gifts and everyone has challenges and everyone has gifts.”

- Deb Discenza

“We were expecting Becky November 14, 2003. I noted to my OB in August that I was early myself and therefore I was concerned she would be early, too. The OB told me this was my first baby and that I would be late and not to worry about it at all.”

“A month later on a family outing an hour outside of town, I quietly rushed into a grocery store and ran back to the bathroom. In there, all alone, I discovered that the bladder “accident” I had was actually preterm labor,” recalls preemie mom, Deb Discenza.

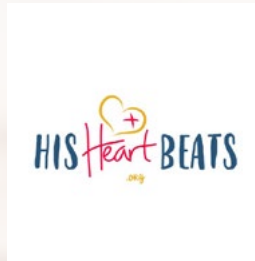


[continued at premieworld.com/premiestory-2022-Jan](https://premieworld.com/premiestory-2022-Jan)



HIS HEART BEATS

OUTREACH: CENTRAL VALLEY OF CALIFORNIA



His Heart Beats focuses on sick children and their families in hospitals or those traveling for specialized medical care throughout the state of California.

After learning that there was a gap in support services, Founder and mother of a preemie with heart complications, **Tamara Trevino** was determined to start a group of supporters to encourage the community to mobilize its efforts to bring awareness and tangible means to help.



[continued at premieworld.com/his-heart-beats](https://premieworld.com/his-heart-beats)

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PREEMIE SWAG



It's not just the cool design or perfect fit—our t-shirts help support our organization.

Each shirt is constructed with 100% fine jersey cotton.



QUESTION OF THE MONTH

Does your child have a preterm birth-related disability?

@loobypie: My son has cerebral palsy, hydrocephalus and epilepsy from a grade 4 brain bleed.

@rockerchic4life: My son has autism and ADHD from his preterm birth. So many complications and unknowns for my little guy but he is definitely a rockstar and finds so much joy and laughter in his days.

@lai.deedee: My preemie has a whole bunch of them.

NON-PROFIT NEWS

KANGAROO CARE/THE ZAKY

In Touch with Experts LIVE Series | 1.13.22

NICU CHEER

Eat a Burger and Help NICU Cheer!



see more at premieworld.com/npnews-2022-Jan

WANT TO SEE YOUR NEWS HERE?

Visit premieworld.com/contact to inquire.



WHAT'S NEW?

BE FEATURED IN OUR MONTHLY NEWSLETTER!

Premie Professionals: We want to feature you in our monthly newsletters. Submit content: <https://premieworld.com/submit-preemie-pro/>
Premie/Angel Parents: We want to feature your story. Submit content: <https://premieworld.com/submit-preemie-angel-month/>
Premie Pros Prose: Give a special shout out to a wonderful preemie pro. <https://premieworld.com/submit-preemie-pros-prose/>



continued at premieworld.com/WhatsNew-2022-Jan



PREEMIE GENIUS



MOTHER SHIP

Author: Francesca Segal

A mother's beautiful memoir of hope, love, survival and the powerful bond of sisterhood in adversity.



premieworld.com/premiegenius-2022-Jan



PREMIOWORLD TAGS

JULIAN CORTES



“ Rockstar Premie, Julian Cortes was born at 23-weeks gestation/3-days and spent 118 days in the NICU.

Today, Julian is 10 and he loves to read and enjoys martial arts. ”



continued at premieworld.com/PWtags-2022-Jan

Tag us on Instagram before the 15th of the month for a chance to be highlighted!



PREEMIE FREEBIES

NEW YEAR VIBES 2022

New Year Vibes for the Premie Parent. Starting fresh! Download our Premie Parent New Year's Resolutions 2022. Read and repeat! *Ahora disponible en Español!*



get it at premieworld.com/preemie-freebies



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