



A NOTE FROM JENNY

Preemie moms and NICU Professionals know firsthand the many challenges that come with breastfeeding a baby in the NICU. A preemie's lack of muscle development, difficulty latching on, and the infamous "suck, swallow, and breath" is enough to stress a preemie mom out to no end. This month is **National Breastfeeding Month**. Here are resources for breastfeeding preemie moms:

- **Positive Preemie Breastfeeding Tips** - Download this informative PreemieWorld Freebie with tips to breastfeeding in the NICU. <https://premieworld.com/portfolio-item/positive-preemie-breastfeeding-tips/>
- **Helping My Very Tiny Baby Thrive** - Tips on helping your preemie thrive with information on a human milk-based fortifier versus bovine-based fortifiers. <https://premieworld.com/portfolio-item/helping-my-very-tiny-baby-thrive/>

Remember, breastfeeding isn't always easy and it isn't just about putting your baby to breast. Pumping is still breastfeeding and just attempting to breastfeed IS breastfeeding! Hang in there!



continued at premieworld.com/note-from-jenny-2021-Aug

STRATEGIC PARTNERS

PROLACTA BIOSCIENCE



prolacta.com

SAGE THERAPEUTICS



sagerx.com

NICU HEALING



nicuhealing.com

ONCE UPON A PREEMIE



onceuponapreemie.com

WANT TO PARTNER WITH PREMIEWORLD?

Visit premieworld.com/our-partners to inquire.

AFTER THE NICU

Breastfeeding for preemie moms isn't just hard in the NICU but it can even translate over into the post-NICU journey. As you are surrounded by moms putting their babies to breast with ease, your breastfeeding journey may look much different. It may be exclusively pumping around the clock or having no milk at all. Let go of the guilt and read on:

- **Advocate:** Even if breastfeeding doesn't happen, remember, YOU are doing the best thing for your preemie by **ADVOCATING**. Know your options. Research other ways of providing nutrition for your preemie. www.prolacta.com
- **Find Support:** Meetings can be a wonderful place for preemie moms to share their breastfeeding challenges. Join Deb Discenza on the **Preemie Inspire Network** and meet other compassionate moms who get it. <https://www.inspire.com/groups/preemie/>



continued at premieworld.com/afterthenicu-2021-Aug



PREEMIE STORY OF THE MONTH

DOMENICO ISRAEL MARTINEZ



“To our little boy who rocked our world before he was even born...Thank you for teaching me to be a better person, and an even better mom.”

- Hillary Martinez

“Our story starts on Sunday, January 27 2019...I got up to use the restroom, came back and felt a little gush of fluid...and then I started bleeding...”

Thinking that I just did too much that day, I told my husband, “I’ll be back. I’m just going to run in and get checked out...I’ll be right back.”

“Right back” turned into 5 weeks. It turns out, my water broke at 28 weeks,” shares Hillary Martinez



continued at premieworld.com/preemiestory-2021-Aug



SADIE'S PURPOSE

OUTREACH: NATIONAL



“I started **Sadie's Purpose** after our twin girls were born three months premature. One of our girls spent seven months in the hospital, most of them in the NICU, with serious complications. Having older children as well, we realized what a scary (and boring) place the NICU is for siblings, and how unprepared parents can feel,” shares Founder, **Amanda Knight**.

Sadie's Purpose gives back in a way that can help ease that stress, by providing support packs with essentials for parents and activities to occupy siblings.



continued at premieworld.com/sadies-purpose



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

How did you celebrate when your preemie graduated from the NICU?

- @monarch_mothering_doula: We didn't tell anyone we were being discharged and spent the first three days home in complete bliss. Was so nice after never being alone with my daughter. I still celebrate her homecoming with a day together.
- @katerinenorland: Stopping to pick up endless amounts of prescription medicines and tanks of oxygen.
- @sisterfriendup: I brought him home and gave him a bath!

NON-PROFIT NEWS

NEC SOCIETY

Summer 2021 Webinar Series | 08/20/21

HAND TO HOLD

NICU Dad Discussions - New Episodes



see more at premieworld.com/npnews-2021-Aug

WANT TO SEE YOUR NEWS HERE?

Visit premieworld.com/contact to inquire.



WHAT'S NEW?

ELI COLLINS FOUNDATION FOR PREMATURE BABIES



Eli Babies 2nd Annual Baby Contest was held on 04/22/21. The proceeds from this event assist preemie families in the NICU. Meet this year's adorable Eli Babies winners:

- Little Miss Elibabies: Lillyonna Washington
- 1st Runner-up: Riyenne Cooper
- 2nd Runner-up: Taylor Drawhorn

Learn more about Eli Collins Foundation for Premature Babies and their mission by clicking on the link below.



continued at premieworld.com/WhatsNew-2021-Aug



PREEMIE GENIUS



MATRONEÉ LLC

Approximately 1 in 10 infants may require NICU assistance. Enter the **Mati Cap**.

A Better Look for Lifesaving Treatment and a design with NICU & PICU children in mind.



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PREMIOWORLD TAGS

KAI & KEANU PARK



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

“ Kai & Keanu were born at 29 weeks gestation. Kai weighed 3.2 lbs and Keanu, 3.7 lbs. These cuties spent 44 days in the NICU.

Currently they are riding balance bikes and participating in Martial Arts at Satori Academy West Long Branch, NJ. ”



continued at premieworld.com/PWtags-2021-Aug



PREEMIE FREEBIES

BREASTFEEDING STATISTICS CARD

Our August freebie is a Breastfeeding Statistics Card from the **Alliance for Black NICU Families**. The Alliance seeks to raise the voices of Black families in the NICU. *Ahora disponible en Español!*



get it at premieworld.com/preemie-freebies

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