



# preemieFAMILY

Vol. VIII, Issue 6: June 2021



## A NOTE FROM JENNY

Unlike a single-incident trauma, life in the NICU is a continuous series of traumas: *a terrifying birthing experience, your baby's fragile health, the stream of bad news about your baby's health and future prognosis, and especially hard for parents - a sense of helplessness as a medical team of experts try to keep your child alive.*

This month is **PTSD Awareness Month**. If you are a preemie mom experiencing PTSD, don't be afraid to reach out and get the help you need. Peer support is also a useful tool. Join the **Preemie Inspire Network** led by PreemieWorld Founder, **Deb Discenza**. <https://www.inspire.com/groups/preemie/>

Dads of premies may feel just as terrified and confused as their partners, but oftentimes they're not encouraged to share these emotions. If you're a preemie dad, learn more about **Graham's Foundation Preemie Parent Mentor Program for Dads**: <https://grahamsfoundation.org/preemie-parent-mentors/preemie-parent-mentor-profiles/preemie-dads/> *We are all in this together.* - Jenny

 continued at [premieworld.com/note-from-jenny-2021-june](https://premieworld.com/note-from-jenny-2021-june)

## STRATEGIC PARTNERS

PROLACTA BIOSCIENCE



[prolacta.com](https://prolacta.com)

SAGE THERAPEUTICS



[sagerx.com](https://sagerx.com)

NICU HEALING



[nicuhealing.com](https://nicuhealing.com)

ONCE UPON A PREEMIE



[onceuponapreemie.com](https://onceuponapreemie.com)

## WANT TO PARTNER WITH PREMIEWORLD?

Visit [premieworld.com/our-partners](https://premieworld.com/our-partners) to inquire.

## AFTER THE NICU

While parents look forward to their preemie being discharged, often the stress will follow them home due to continued health problems and future unknowns. Add trauma from the NICU and it's common for parents of premies to find themselves feeling emotional distress and more. Here are some signs of PTSD and tips to help you through this:

- **Common symptoms of PTSD:** Recurrent, unwanted distressing memories of the traumatic event, nightmares, flashbacks or reliving the traumatic event, intense distress or physical reactions to memory triggers, negative changes in mood and thinking, changes in emotional reactions.
- **Be aware of triggers:** Some triggers may include follow-up appointments, fear of the baby becoming sick, alarm sounds, fear of leaving the house with the baby and feelings of isolation and loneliness.

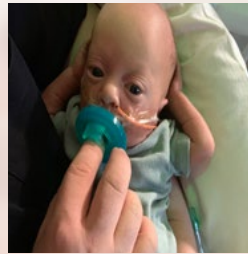




continued at [premieworld.com/afterthenicu-2021-june](https://premieworld.com/afterthenicu-2021-june)



## PREEMIE STORY OF THE MONTH

### BRYCE MASARU ROBERTS



 "Proving everyone wrong despite all odds, showing this is his life, his journey." 

-Jeffery Roberts

Bryce Masaru Roberts was born at the gestational age of 27 weeks and 4 days, but he was also 3 weeks IUGR which is short for 3 weeks behind. So in reality, Bryce was more like 24 weeks. He was 1 lb, 4 oz and 10 1/4 inches long.

"From the day he was born, Bryce has been fighting for his life. Proving the desire to live is something you are born with and deserving he was nicknamed "Tiny but Mighty," shares Bryce's dad.



continued at [premieworld.com/premiestory-2021-june](https://premieworld.com/premiestory-2021-june)



## LITTLE LAMBS OF HOPE

### COLORADO & NORTHERN CALIFORNIA, UNITED STATES



Founder of Little Lambs of Hope, Candy Payne shares, "My granddaughter was born at 25 weeks, weighing 1 pound, 4 ounces. She was in the NICU for 5 months. She is now a healthy 3 1/2 year old girl. Our experience with preterm birth led to the creation of Little Lambs of Hope."

Little Lambs of Hope provides care bags (reusable sports bags) including a book for baby and a book for parents, NICU stories of hope, and much more. Click on the link below to learn more about Little Lambs of Hope.



continued at [premieworld.com/little-lambs-hope](https://premieworld.com/little-lambs-hope)

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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

What songs did you sing to your preemie in the NICU?

- @happy.baby.avery: You are My Sunshine, Twinkle, Twinkle, Little Star and Baby Mine.
- @kevinjee808: Take Me Out to the Ballgame
- @hisivvy: Heaven by Jamie Foxx...matter of fact, I played it for her every while she was in my womb.

## NON-PROFIT NEWS

### SAUL'S LIGHT

NICU Health & Equity Summit | Sept 23rd

### GRAHAM'S FOUNDATION

MyPremie App for Premie Parents



see more at [premieworld.com/npnews-2021-june](https://premieworld.com/npnews-2021-june)

## WANT TO SEE YOUR NEWS HERE?

Visit [premieworld.com/contact](https://premieworld.com/contact) to inquire.



## WHAT'S NEW?

### GLO PREEMIES FAMILY TRAINING CONFERENCE



**GLO Premies Virtual Family Training Conference - A Black-led NICU organization is hosting the first GLO Premies Family Day!** Join us on June 21st, as we talk about everything from: *baby care, mental health, home ownership, and introducing your family dog to baby.* We will also talk about college and starting your own business.

This conference is available to all African-American Families nationwide (high-risk pregnant to NICU grads up to the age of 18 years old).



continued at [premieworld.com/WhatsNew-2021-June](https://premieworld.com/WhatsNew-2021-June)



## PREEMIE GENIUS



### THE ZAKY KANGAROO AND JOEY

Another Zaky favorite! Meet the plushie kangaroo and her joey - a lovable representation of Kangaroo Care and Skin-to-Skin Contact for newborns in the NICU. Giveaway coming soon!!



[premieworld.com/premiegenius-2021-june](https://premieworld.com/premiegenius-2021-june)



## PREMIERWORLD TAGS

### EMMETT HOFFMAN



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

“ Meet our June PremierWorld Tag: The adorable, Emmett Hoffman.

Emmett was born at 26w2d gestation and spent 98 days in the NICU.

Today, Emmett is 5 years old and meeting all his milestones and it turns out he's a math whiz!



continued at [premieworld.com/PWtags-2021-june](https://premieworld.com/PWtags-2021-june)



## PREEMIE FREEBIES

### PTSD AND PREEMIE PARENTS

Our June freebie is a PTSD Statistics Card for PTSD Awareness Month- brought to you by PremierWorld - Support at every stage. *Ahora disponible en Español!*



get it at [premieworld.com/premie-freebies](https://premieworld.com/premie-freebies)

- f [www.facebook.com/PremieWorld](https://www.facebook.com/PremieWorld)
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