



# preemieFAMILY

Vol. VIII, Issue 5: May 2021



## A NOTE FROM JENNY

*"Sometimes the strength of motherhood is greater than natural laws." -- Barbara Kingsolver*

This month we celebrate our fearless NICU moms around the world. Your strength is second to none!

**International Bereaved Mother's Day (May 2nd)**  
Please keep the mothers who are mourning the death of a child in your thoughts. Reach out and let them know they are seen and loved.

**Kangaroo Care Awareness Day (May 15th)** If you're a NICU mom, you are not thinking of a hairy hopping marsupial. You are smiling as you recall the experience of skin-to-skin bonding. Help us celebrate Kangaroo Care Awareness Day by tagging PreemieWorld on Instagram with photos of your kangaroo care pictures! Use hashtag #kangaroocare2021 for a chance to win a special preemie prize!

From our PreemieWorld family to you, *Happy Mother's Day, Warrior Mamas!*

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

## STRATEGIC PARTNERS

PROLACTA BIOSCIENCE



prolacta.com

SAGE THERAPEUTICS



sagerx.com

NICU HEALING



nicuhealing.com

ONCE UPON A PREEMIE



onceuponapreemie.com

## WANT TO PARTNER WITH PREEMIEWORLD?

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

## AFTER THE NICU

**Bereaved Mother's Day** is celebrated the Sunday before Mother's Day. This celebration is for all mothers who have lost a child due to miscarriage, stillbirth, or death. How can you support a grieving mother on this day? Here are some suggestions:

- **Give a gift or letter to a bereaved mother:** Show your empathy and appreciation to a bereaved mother with a heartfelt letter or a small gift. Recognize the day by reminding them that they are seen and loved.
- **Know the right ways to comfort:** Sometimes the most well intentioned words can sting. Grieving mothers can feel vulnerable and rightly so. Sometimes the best thing to say is nothing at all. Sometimes a silent presence offers the best form of comfort. <http://preemie.us/TheRightWordsToSay>



[continued at premieworld.com/afterthenicu-2021-May](http://premieworld.com/afterthenicu-2021-May)



## PREEMIE STORY OF THE MONTH

SILAS RAPHAEL BECK



**"I really wish I would have quit working sooner - because I wasn't able to take care of my health and wellbeing while working such a fast paced job in the restaurant industry."**

- Sarah Beck

Preemie Mom, Sarah shares, *"Our little warrior, Silas, was IUGR at his first anatomy scan. His femur was below percentile first and his tummy was next, measuring quite a bit under average. We were then on strict hospital bedrest (only out of bed for restroom trips & weekly showers). I had daily ultrasounds & dopplers. His umbilical cord was absent and had a diastolic flow, which basically means, at some points down his umbilical cord, he wasn't receiving nutrients. His heart also looked "suspicious" but was beating strong!"*



[continued at premieworld.com/preemiestory-2021-May](http://premieworld.com/preemiestory-2021-May)



## FREE2READ

NONPROFIT SUPPORT FOR FAMILIES IN THE UNITED STATES



In 2009 Ms. McRae gave birth to a preemie girl, who presented with several medical issues. After her daughter was put on medical leave to recover from an illness, Ms. McRae was left scrambling to help her child keep up in school. So began Free2Read and healing beyond the hospital.

*"Free2Read is an organization for preemies of any gestation. We recognize the strength and courage it's taken for you and your child to get this far. We would like to educationally support your child,"* shares Founder, **Necole McRae.**



[continued at premieworld.com/free-2-read](http://premieworld.com/free-2-read)

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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

Drop some words of wisdom for preemie parents in the NICU.

- **@free\_2\_read:** Breathe through this moment. Remember that moments pass. Take notes, sing or hum to your child while doing kangaroo care. Remember to sleep although that's a laughable hard one. lol
- **@me2books:** Try to stay in the moment and not worry about the future!
- **@splinter31:** That tiny miracle is a lot stronger than you think. Talk to them, hold them, encourage them.

## NON-PROFIT NEWS

**GRAHAM'S FOUNDATION**  
Parent's of Premies Day | May 2nd

**NEC.SOCIETY**  
NEC Awareness Day | May 17th



see more at [premiworld.com/npnews-2021-May](http://premiworld.com/npnews-2021-May)

## WANT TO SEE YOUR NEWS HERE?

Visit [premiworld.com/contact](http://premiworld.com/contact) to inquire.



## WHAT'S NEW?

### 10th ANNIVERSARY KANGAROO CARE DAY



**EDUCATIONAL SERIES: Live Q & A with Experts**

- **KANGAROO CARE WITH SUSAN LUDINGTON** (60-min. session) Susan Ludington will share her wisdom, answer our questions about kangaroo care, explain the impact of COVID-19, and share how to leverage skin-to-skin contact to improve the healthcare outcomes of newborn babies and parents in every setting.
- To learn more or register: <http://premie.us/KangarooCareQandA>



continued at [premiworld.com/WhatsNew-2021-May](http://premiworld.com/WhatsNew-2021-May)



## PREEMIE GENIUS



### Black, Pregnant and Shamed

Mrs. California United America, **Ashley Randolph** shares the real view of being black and pregnant in America.

A book designed to support you when you feel most isolated.



[premiworld.com/premiegenius-2021-May](http://premiworld.com/premiegenius-2021-May)



## PREMIERWORLD TAGS

### JAX J. SMITH



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

“ Jax J. Smith was born at 23 weeks, 5 days, weighing just 1 lb, 7 oz. His lungs collapsed two days after birth and he required two chest tubes to filter out the air, pneumonia for two months straight and required a hernia surgery, but thankfully no brain bleeds or eye surgeries.

Jax is now 15 months, 21 lbs and oxygen free!”



continued at [premiworld.com/PWtags-2021-May](http://premiworld.com/PWtags-2021-May)



## PREEMIE FREEBIES

### MENTAL HEALTH AND PREMIES STATISTICS CARD

Our May freebie is a Mental Health Statistics Card for Mental Health Month brought to you by Premie Crystal Ball - Powering Premie Research. *Ahora disponible en Español!*



get it at [premiworld.com/premie-freebies](http://premiworld.com/premie-freebies)

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