

### A NOTE FROM JENNY

Premature birth. Preemie. NICU. Only preemie parents understand the weight behind these words. My preemie story is just 1 out of roughly 380,000 babies born prematurely each year in the United States and tragically, an estimated 1.1 million preterm babies die every year.

Every preemie story is unique, and every story needs to be honored.

November is Prematurity Awareness Month and PreemieWorld is shining a spotlight on this maternal and infant health crisis. Need resources?

- Join the [Inspire Preemie Community](#) and connect with other parents on this journey. Inspire is led by our very own, Deb Discenza.
- *The Preemie Parent's Survival Guide to the NICU* - The holy grail of NICU support can be ordered on our PreemieWorld Website. <https://premieworld.com/store/>
- [Colette Louise Tisdahl Foundation](#) supports families struggling with pregnancy complications, premature birth and loss.

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

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

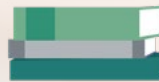
## AFTER THE NICU

After experiencing a stay in the NICU, it is quite common for preemie parents to develop anxiety over every snuffle, cough and sneeze around their preemies during RSV and flu season, and now, with Covid-19 thrown in the mix, this is enough to heighten our germaphobic paranoia, isn't it? How can you keep your preemie safe this season? Here are a few helpful tips:

- **Isolation:** Covid-19 sheltering in place has nothing on preemie parents as most parents have been practicing this way before Covid. Preemie isolation means limiting visitors, outings, getting flu shots, practicing good hand washing, and not attending family & friend events/gatherings. This sacrifice is worth it in the long run when it can decrease the chance of illness for your fragile child and it makes sure they have the best possible chance at life.



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



## PREEMIE STORY OF THE MONTH

COLETTE LOUISE TISDAHL



“Nothing is ideal, but let's get as close to ideal as possible.”

- Michelle Valiukenas

At 21 weeks pregnant, at a standard OB appointment, my blood pressure was 188/110 and I was sent to labor and delivery. There, I was diagnosed with severe preeclampsia and told I would be hospitalized until I delivered. After three weeks in hospital, the doctors recommended delivery. Colette was born via emergency c-section on May 23, 2018, shares mom, Michelle Valiukenas.

“After nine days, Colette's lungs could not keep up and she gained her angel wings. She died in our arms, surrounded by her three living grandparents, her two aunts, and her two uncles, on May 31, 2018.”



[continued at premieworld.com/preemiestory-2021-Nov](https://premieworld.com/preemiestory-2021-Nov)



## MAXIMIZING HOPE

OUTREACH: STATE (CONCORD, NC)



Co-founders of Maximizing Hope, Alicia Pielow Krol and Angela Preston, each had personal experience with preemies. Alicia's son, Max, was born at 27 weeks and spent 71 days in the NICU. Hope, was born at 25 weeks and spent 2 weeks in the NICU before passing away in 2019.

As cousins, Alicia and Angela were able to support each other through their experiences and were led to give back to others having the same experience. Learn more by clicking on the link below.



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



## 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 type of natural remedies, supplements or meds do you give your preemie during RSV season?

- @sarahbug73: Probiotic w/good amount of different strains & Elderberry syrup w/zinc.
- @arianae09: Amway kid vitamins. Traceable organic ingredients to keep immune system strong. And I love their new fast melting probiotic/C/Zinc for my gtube fed baby.
- @preemiecrystalball: Probiotic

## NON-PROFIT NEWS

### YIT FOUNDATION

Toy Drive and Fundraiser | 11/13/21

### ONCE UPON A PREEMIE ACADEMY

Health & Racial Equity Training | 11/22/21



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

## WANT TO SEE YOUR NEWS HERE?

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



## WHAT'S NEW?

### NATIONWIDE PREMIERE OF SECOND NEONATAL ANIMATION

South West charity and The NICU Foundation, launch their second animation aimed at supporting new parents as they prepare to take their baby home for the first time.



The animation shares important information for parents on what they might expect as they prepare for their journey home, such as parent craft sessions, baby milestones, discharge planning meetings and at home administration of medicines.

<https://nicufoundation.co.uk/animations>



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



## PREEMIE GENIUS



### OUR PREEMIE ADVENTURE

A picture book that shows the NICU experience from the eyes of preemie dad, Adam Wood.

*Our Preemie Adventure* is the perfect addition to your child's book collection!



[premieworld.com/preemiegenius-2021-Nov](https://premieworld.com/preemiegenius-2021-Nov)



## PREMIERWORLD TAGS

### MAXIMILIANO DIAZ



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

“ Meet super cool Maximiliano, born at 31 weeks, weighing 2 lbs at birth. Max the Mighty spent 50 days in the NICU.

Max will be 2 years old on November 24th. Today he is a healthy, normal boy. He says 5 words, he can walk, run, and loves to play with legos and loves Disney+. He also eats everything he can find!

”



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



## PREEMIE FREEBIES

### RACE & ETHNICITY DISPARITY STATISTICS CARD

Our November freebie comes from the Alliance for Black NICU Families- *Race & Ethnicity*. The Alliance for Black NICU Families seeks to create infrastructural change for Black NICU Families with policy changes and family assistance grants. *Ahora disponible en Español!*



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

- f @ [www.facebook.com/PreemieWorld](https://www.facebook.com/PreemieWorld)
- t @ PreemieWorld
- in @ PreemieWorld
- www.instagram.com/premieworld