



preemieFAMILY

Vol. VIII, Issue 9: September 2021



A NOTE FROM JENNY

For those who have never experienced the NICU, how do you describe to them what lies behind those solid double doors? How do you explain the wealth of sensory input, the sterilized smells and alarms reverberating throughout the halls? How do you explain the intense and almost debilitating feelings of loss when you reach down to touch your empty belly and the sickening realization that you just can't protect your baby from this journey?

NICU Awareness Month is not only designed to honor families experiencing a stay in the neonatal intensive care unit and the AMAZING health professionals who care for them, but also to help more people understand what the NICU is and how a stay of any length can impact the entire family.

This is our time as preemie parents to enlighten the masses, to share our stories -- to educate and reflect. It is also a time to show our appreciation to the many preemie professionals who tirelessly support us. *Parents & Professionals: we honor your dedication in caring for these tiny miracles.* - Jenny, PreemieWorld

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

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

AFTER THE NICU

Looking back on your NICU stay, did you have supportive friends and family helping on the sidelines? Were you able to articulate what your needs were in the moment? Moving forward, here is a list that you can share with anyone asking, "How can I support a loved one with a baby in the NICU?"

5 Ways to Support a Loved One with a Baby in the NICU

1. **FOOD, FOOD and EVEN MORE FOOD** ("Let food be thy medicine and medicine be thy food" - Hippocrates) - A preemie mom will likely be spending long, long days in the NICU, and like anyone recovering from birth, she will need to keep her energy levels up with nutritious foods. Hospital cafeterias can get old (and expensive) pretty fast. Consider organizing a meal train (<https://www.meal-train.com/>) and share this with the people in her community.



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



PREEMIE STORY OF THE MONTH

ALEXIS GRACE BLECK



“Everything I thought I knew about being a mom changed the day Lexi came into this world. She has forever changed me and is a daily reminder that miracles do happen!”
- Tara Bleck

“The morning of April 26th, I woke up with a sharp pain in my abdomen, which I blamed on garlic hummus I had the night before. It had kept me up all night -- the nurse brought me an antacid to try and alleviate the pain, however, shortly after I vomited, and in doing so, caused retinal hemorrhages in both eyes. Yes, that is exactly what it sounds like, my eyes filled with blood. From that point on, it went downhill fast,” shares preemie mom, Tara

“Born at just 28 weeks and 3 days, weighing only 2lbs, Alexis Grace forever changed our world.”



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



NEC UK

OUTREACH: NATIONAL



On the 11th of August 2012, NEC UK was set up as an informal group on social media by Susan Spencer whose son Tobias, sadly died as a result of NEC at just 6 days old. After becoming involved with and volunteering for a local bereavement group, Susan recognized how beneficial peer-to-peer support could be and identified the need for a space where families specifically affected by NEC could come together too.

In December 2018, NEC UK became a registered charity.



[continued at premieworld.com/nec-uk](https://www.premieworld.com/nec-uk)

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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

RSV cases are rising. How are you protecting your preemie?

- @sisterfriendup: Masks! Good hand hygiene. Talking about it.
- @nuta31_: There's an age limit on the RSV vaccines. I think with the pandemic, they should be given to older kids.
- @mamabirdhendry: Skin-to-Skin, providing breast milk and breastfeeding is protective.

NON-PROFIT NEWS

NICU PARENT NETWORK (NPN)

NPN Live! 2.0 | 09/24/21-09/25/21

LILY'S HOPE FOUNDATION

Party for Premies | 09/11/21



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

WANT TO SEE YOUR NEWS HERE?

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WHAT'S NEW?

BREAST PUMP GRANTS



Prolacta Bioscience, the world's leading hospital provider of 100% human milk-based nutritional products for premature and critically ill infants, supported **Breastfeeding Awareness Month** by donating hospital-grade breast pumps to the **Alliance for Black NICU Families**. The Alliance will work with **GLO Premies**, a nonprofit organization dedicated to supporting and empowering past and current Black NICU families, to distribute the breast pumps to underserved parents and families who need them most.



continued at premieworld.com/WhatsNew-2021-Sep



PREEMIE GENIUS



MY NICU WARRIOR JOURNAL

A journal that serves as a guide for preemie parents navigating the NICU from **Stronger Than U Know** AND a keepsake to reflect on your little one's journey for years to come.



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PREMIERWORLD TAGS

KAYNA, KOA, KARIS KIBLER



“ Beautiful triplets, Kayna Aria, Koa Stella and Karis Cyprus were born at 35 weeks and 5 days. They spent 3 weeks in the NICU.

Today, these three are 9-months old. They are sitting up, eating solids and their baby teeth are starting to appear! ”

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



continued at premieworld.com/PWtags-2021-Sep



PREEMIE FREEBIES

OUTCOMES STATISTICS CARD

Our September freebie comes from **Premie Crystal Ball - Outcomes for Extremely Premature Babies**. Premie Crystal Ball continues to Power Premie Research that will help develop supportive and integrative care for prematurity-impacted families. *Ahora disponible en Español!*



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