



A NOTE FROM DEB

We are starting 2020 PremieWorld Strong!

- Check out the totally revamped PremieWorld website: www.PremieWorld.com
- Our free newsletters are now subscription only. PremieFAMILY: <https://preemie.us/PremieFamily>
PremiePRO: <https://preemie.us/PremiePRO>
- Premie Crystal Ball, a premie registry from birth into the geriatric years is in the works. We have formed Crystal Ball Health, LLC. Join the movement: www.crystalballhealth.com/join
- Our flagship product, *The Premie Parent's Survival Guide to the NICU*, sold out in 2019. An updated 2nd edition is being printed. To purchase in bulk for your organization, contact us at connect@premieworld.com

 continued at premieworld.com/note-from-deb-2020-Jan

STRATEGIC PARTNERS

CRYSTAL BALL HEALTH



crystalballhealth.com

KEY TO CP



keytoop.com

FELICE MEDIA



felicemedia.com

WANT TO PARTNER WITH PREMIEWORLD?

Visit premieworld.com/our-partners to inquire.

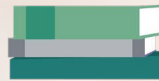
AFTER THE NICU

From the mad dash to the many different medical and therapy appointments to safeguarding your home and new baby from the dreaded RSV season; parenting a premie at home is far from easy. Here are some great resolutions to help you keep your sanity as you ease into 2020:

- **Set Boundaries:** Well intentioned family will want to visit. Tune into yourself and choose what works for you. Don't be afraid to communicate your needs and be firm with your schedule.
- **Partner Time:** Take time out to process with your partner - vent, cry, and create a safety net so that you and your partner can continually check in to see what the needs are.



continued at premieworld.com/afterthenicu-2020-Jan



PREEMIE STORY OF THE MONTH

BRAYDEN THOMAS



“Miracles are possible! Brayden is our precious angel on earth!”

- Brayden's Mommy



continued at premieworld.com/premiestory-2020-Jan

Brayden Thomas was born at 24 weeks + 4 days. He weighed 410 grams and measured 10 inches long.

Brayden made his early arrival due to Preeclampsia. The doctors tried to prepare me for his early arrival as I was prepped for a c-section surgery. They gave Brayden only a 1% chance of survival.



RAISING LITTLE MIRACLES

NONPROFIT SUPPORT FOR FAMILIES IN THE NICU

Founder of Raising Little Miracles, Carrita Flie, gave birth to her son at 26 weeks and spent 116 days in the NICU.

Carrita relates, “I wanted to raise awareness & provide support for other families that experienced the same obstacles. Our focus is on premies of any gestation as well as children who have special needs as a result of prematurity.”



continued at premieworld.com/raising-little-miracles





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

Has your preemie experienced dental issues due to preemie birth?

@Ashcappelli: 25-weeker has what they call, premature enamel which basically means his teeth are weak and brittle.

@Juliette_leezk14: I'm a (former) 28-weeker, I've got enamel hypoplasia - weak and discoloured and I'm missing an adult incisor.

@Live_it_all_in: Yes, and up until my daughter was 6, frustratingly, no one was able to give us any guidance or information on what to look for/expect. Now we're in the orthodontic world for the long haul.

NON-PROFIT NEWS

PACKAGES FOR PREMIES

Annual golf-tournament fundraiser - participate!

HAND TO HOLD

Seeking volunteer peer mentors for NICU families



see more at premieworld.com/npnews-2020-Jan

WANT TO SEE YOUR NEWS HERE?

Visit premieworld.com/contact to inquire.



WHAT'S NEW?

BE FEATURED IN OUR MONTHLY NEWSLETTER!



premieworld

Calling all preemie parents, adult premies and preemie support groups! Submit content for our monthly newsletter and you could get featured! Learn more at <https://premieworld.com/submit-content>



continued at premieworld.com/WhatsNew-2020-Jan



PREEMIE GENIUS



THE ITTY-BITTY FAE FAERIES SAVE THE NICU

Author: Kayla Thornton

An adventurous way to explain the NICU to children with fun illustrations. The book is quite long and definitely better for older children.



premieworld.com/premiegenius-2020-Jan



PREMIERWORLD TAGS

AMELIA JOY



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

“ Amelia was born at 24-weeks gestation, weighing 1 lb, 1 oz. Eduardo, Amelia's daddy, tells us that she is doing well. Amelia is still on O2, down to .5 liters and doing two PO feeds/shift. She is very close to going home! ”



continued at premieworld.com/PWtags-2020-Jan



PREEMIE FREEBIES

PREEMIE PARENTS NEW YEAR'S RESOLUTIONS 2020

Beginning the year fresh! Self-care is important - not only in the NICU, but also at home. Download our Preemie Parent New Year's Resolutions 2020. Read and repeat! Ahora disponible en Español!



get it at premieworld.com/preemie-freebies



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