



Preemie Family

Preemie Life

Kylie Kaitlyn Pellemounter



Photo Credit: Josh Pellemounter

Parent Tip:

Visit every day as long as possible no matter what else is going on in your life. Give them a reason to keep fighting.

Gestational Age:
23 weeks, 2 days

Weight:
1 pound 2 ounces

Days in the NICU:
200 days

Proudest Moment in the NICU: Coming off the ventilator after 3 months and seeing her entire face for the first time!

Interested in telling us your story?
connect@preemieworld.com

Preemie Advocate: 2011 Summit Reports

In 2011, premature infant summits were held across the United States, providing healthcare professionals the chance to connect in their region and share resources to help the tiniest of infants thrive. Just out are two documents that give an overview of these summits at <http://bit.ly/JhKiGJ> and <http://bit.ly/KsHDDu6>. Check them out and pass them onto your networks.

To Do List



Congrats - Jennifer Jeffrey! Ms. Jeffrey has won a copy of *The Preemie Parent's Survival Guide to the NICU* per our May contest.



Professionals, sign up your organization to receive Preemie Family to distribute to your families: <http://bit.ly/PreemieFam4Pros>



Download PreemieWorld's FREE tools <http://bit.ly/PreemieFreebies> and pass them onto NICU Parents as part of your welcome packet:



MARK YOUR CALENDAR!

June 13, 2012
The Power to Grow (DC)
Washington, DC
<http://bit.ly/KNTyB>

June 14-15, 2012
Connections 2012
NPIHC
Washington, DC
<http://www.facebook.com/NPIHC>

Have an event to share? Email us with the name, date, location and website link at connect@preemieworld.com

*Tools and Resources
for the Preemie Community*

Preemie Resource: Prepping for Discharge Day

PreemieWorld provides a number of free handouts to be used in the NICU and beyond in its "Freebies For You" section of the website. **This month's freebie is *Prepping for Discharge Day*.** "Discharge time is full of frenzied activity and it is easy to walk out that door and not feel prepared. We give some tips that can make that time a lot smoother," comments Deb

Discenza, co-Founder of PreemieWorld, LLC. "This should be *the* item handed to parents as they begin the steps toward discharge time." Parents and professionals alike will appreciate this freebie in that it is easy to print and reproduce. **Download it here:** <http://bit.ly/DischargeDay>. **And check out more like this here:** <http://bit.ly/PreemieFreebies>

Preemie Terms: Gastroesophageal Reflux

Gastroesophageal Reflux (aka GERD, Acid Reflux or Reflux):

Think spit up – a lot of it. Or think of a baby who may or may not spit up but is in a lot of pain and arching his or her back. This is the stomach “tie off” opening up and allowing the contents inside to go back up through the throat and out. This may require some tests, medication, specific interventions after feedings, at naps, and bedtime.



Resources:

www.reflux.org
www.RefluxBook.com

Questions to Ask the Doctor:

1. How serious is my baby's reflux?
2. Are there tests that can check my baby's ability to swallow, empty, etc.?
3. What types of medications will my baby require and for how long?
4. What types of special home assistance should we consider to help our baby after Discharge Day?

*This excerpt is from **The Preemie Parent's Guide to Survival in the NICU** on sale at www.PreemieWorld.com*

Preemie Support:

Caring for Generations

JF&CS
 Jewish Family & Children's Service

In 2010, the Center for Early Relationship Support at the Boston Jewish Family & Children's Service created the **Fragile Beginnings Preemie Parent Alliance**. This group, led by a group of preemie parents, saw a need for improving the availability and the quality of emotional support for families of premature infants in the New England region. Read more about their in-home programs, their resource guide and quarterly newsletter here:

<http://bit.ly/FragileBegin>

Have a support group you want to share? Contact us! connect@preemieworld.com

PreemieWorld: Personalized NICU Survivor Tags



Visit PreemieWorld's Store at www.PreemieWorld.com

Why NICU Survivor Tags? “Just as we celebrate graduations, weddings and other important life events with jewelry, I felt it important to do the same with the incredible journey of the NICU,” note PreemieWorld Co-Founder Nicole Conn. “Only a parent with a baby in the NICU can truly understand that life-altering experience. It changes your entire perspective on what is most important.”

What is Unique About Them? “Each one is individually numbered which, along with the engraved details, makes it truly unique.”

Where Can They Be Purchased? At our online store at www.PreemieWorld.com

Parents & Professionals: Subscribe to our FREE newsletters @ www.PreemieWorld.com

Preemie Genius: Book

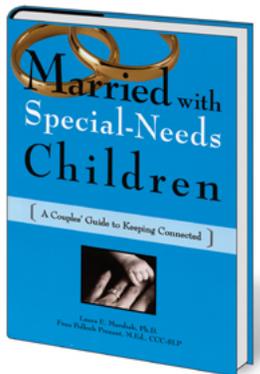
preemie JOY!

The Details:

Name: *Married with Special-Needs Children*

By: Laura E. Marshak, Ph.D.
Fran Prezant, M.Ed.,
CCC-SLP

Site: (<http://bit.ly/Koq1V9>)



The Genius:

Marshak and Prezant have created a volume of wisdom that spotlights the difficulties in a marriage where there are special needs children in the family.

The topic is dealt with in a sensitive yet straightforward manner and includes wise quotes throughout from parents themselves. Parents of preemies should have this book on their bookshelf for reference ongoing. A solid marriage can make a world of difference for parents and children alike.

You Could Win! In June, PreemieWorld will select one subscriber of *Preemie Family* to win this book! Subscribe Today!

Go Willow Go!

"Of the many milestones through the last year, one poignant moment was when Willow was measured using the regular growth chart instead of the preemie one.

At a little under 15 lbs now, she's just barely over 5%, but *she's on it!*"

- Danielle Matthews, mother of Willow Ireland Matthews born 27 weeks 3 days, 1lb 12 oz.

Editor's Note: A special Happy Birthday to Willow - she turned 1 on 5/31/2012!

Have a proud moment? Send it into us at connect@preemieworld.com

Preemie Support Online

On the Preemie Support Forum on INSPIRE:

Want to connect with over 11,000 other parents of preemies online? Check out the www.Inspire.com Preemie Support forum. It is the largest and most active forum online and moderated by PreemieWorld's own Deb Discenza, the Inspire Preemie forum has "rooms" that range from "In the NICU" to "Going Home and Family" to "Growing Up and Education" and more. Here are a few of the topics we have seen online lately:

"ARTICLE: Affordable Care Act Resources for Families/Special Needs"

"1 Year Homecoming"

On PreemieWorld's Twitter Page:

"COOL: Database is One-Stop Shop on Kids' Medications - <http://ow.ly/b8pCq>

On PreemieWorld's Facebook Page:

"Love it here, went to the One-Stop medication site today!"

On PreemieWorld's LinkedIN Group:

"ARTICLE: Babies' Vulnerability to Colds Tied to Immune Response at Birth - <http://bit.ly/b8kXt>

"ARTICLE: Musical Pacifiers to help Preemies Get Healthier Sooner - <http://ow.ly.b6IXU>

Get "Social" With Us!



www.PremieWorld.com
www.LittleManTheMovie.com



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Check out other LinkedIN groups we moderate:

- NICU Professionals
- Early Intervention Professionals
- Premie Parent Support Group Leaders
- Premie Parents
- Little Man the Movie

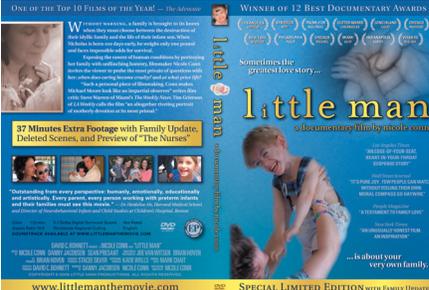
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www.nurturedbydesign.com



“Little man” is every preemie parent’s story



www.littlemanthemovie.com



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Premie THANK YOU!



Henry in the NICU at 1 month old

Photo Credit: Kate Kenski

Our son **Henry** recently turned 5 years old. Henry was born at **25 weeks** weighing **570 grams**. We are delighted to report that he will be **starting kindergarten in the fall**. His good health is the product of love and effort from family, friends, Early Intervention therapists, and many others.

We especially would like to thank **Joyce Nelson, Holly Nelson, and Kathy Goetz**, his primary nurses from **University Medical Center in Tucson, AZ**, who oversaw his first 109 days, coming into work on their off days when Henry had surgeries. Their care and compassion set the foundation for our son’s well-being. --Kate Kenski & Jeff Anicker

Henry today, age 5

Photo Credit: Kate Kenski

