



Preemie Family

Preemie Life

Joy Margaret Degl



Photo Credit: Jennifer Degl

Gestational Age at Birth:
23 weeks

Weight:
1 lb. 4 oz.

Time In NICU:
121 days

Proudest Moment (NICU):
When Joy was only a few days old and it was my first time meeting her (I had not been allowed due to post-surgical complications). When I finally got to see her I knew we would both survive and I named her Joy.

Coming Soon: Check www.PreemieWorld.com to read how Joy is doing now.

Parent Tip:

Keep a journal while your baby is in the NICU (and after too). It organizes you, minimizes your stress, serves as a reference to see how far your baby has come and therein it motivates you to keep moving forward.

Advocate: Prematurity Awareness

November is **Prematurity Awareness Month** and November 17th is **World Prematurity Day**. Looking to join an organization's event or fundraiser? Check out our handy **World Prematurity Awareness Events Sheet** chock-full of events from very worthy organizations looking for attendees, donations and volunteers. Download the list: <http://preemie.us/Prematurity2015>

FREE: Premies Are Warriors

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 another preemie symbol: Premies Are Warriors. "November is the month for **World Prematurity Awareness** and we want to celebrate premies as the fighters that they are known

for being," notes PreemieWorld's **Deb Discenza**. "My hope is that parents will share this logo to remind the world that premature babies are stronger and more resilient than expected. They are amazing!"

Download it here & share with #premiwarriors:
<http://preemie.us/PremieWarriors>

To Do List



CONGRATS: Brenda Lewis won the "Preemie Tag" while Columbia University Bioethics and Rachelle Thunberg have won a copy of the little man DVD.



LIKED US YET?: PreemieWorld is doing another PreemieWorld Facebook page contest. See page 2 of this newsletter for details!



Download PreemieWorld's **FREE** tools <http://bit.ly/PreemieFreebies> to use and to pass onto others.



MARK YOUR CALENDAR!

Parent/Provider Conference
Premies Today
November 8, 2015
Falls Church, VA
www.PremiesToday.com

Prematurity Awareness Day
November 17, 2015
Worldwide
<http://preemie.us/Prematurity2015>

Have an event you want to share with our community? Contact us at:
connect@preemieworld.com

*Tools and Resources
for the Preemie Community*

Term: Preemie

Preemie (aka Premature Baby/Premature Infant):

Any baby born prior to 38 weeks gestation is deemed premature. The level of prematurity is based on gestational age at birth and falls within measured guidelines for weight.

Other spellings: preemie, prem, preem, premie



Prematurity Categories:

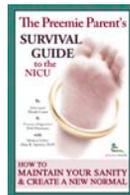
Full Term:
38 and 6 days - 40 weeks

Late Pre-term:
35 weeks - 38 weeks

Very Premature:
30 weeks - 34 weeks

Extremely Premature:
26 weeks - 29 weeks

Micro-Premie:
Less than 26 weeks



*This excerpt is from
The Premie Parent's Guide to Survival in
the NICU on sale at www.PremieWorld.com
We do bulk orders for hospitals
connect@preemieworld.com*

Support: Connect 2 NICU, Inc.

Founded by Shante Nixon, mother to a 26 ½ week preemie that died at 18 days old, Connected 2 NICU, Inc. has created a support app for families.

Established: 2013

Outreach: National

Web: www.connect2nicu.com

Focus: Providing resources for parents who have babies in the NICU in a mobile app. Later versions will also include parents whose babies have already graduated the NICU and are dealing with ongoing issues.

Programs: Interview parents and others connected to the NICU via Google Hangouts. Please contact us to share your story!



PreemieWorld: "Like" Us On Facebook & You Could Win!



Visit PreemieWorld's FB page at:
<http://bit.ly/FBPreemie>

**"Like" our FB page
from 10/27/15 to 11/22/15 and you
could win a copy of the award-
winning *little man* DVD from
PreemieWorld!**

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*Parents & Professionals:
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Book: A Giraffe Called Neo

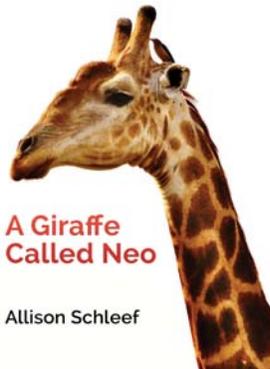
After the NICU: Premie Myths & the Public Eye

The Details:

By:
Alison Schleeef

Available at:
www.Amazon.com

Cost:
\$13.95 USD



Premie Moms worldwide have suffered in silence for decades in relation to Postpartum Depression (in Schleeef's book it is referred to as Post Natal Depression or PND). But thanks to brave souls like Mrs. Schleeef, the stigma is quickly being shattered. PPD/PND is something that Schleeef describes with refreshing honesty as she relates the story of her son's traumatic birth at 28 weeks gestation, his and her transport to another hospital and a three month NICU stay that left this mother, naturally, alone and scared. This should be required reading in every NICU, parent and professional alike.

*We're giving away this book!
Follow us on Twitter by 11/22/15 to enter: <http://bit.ly/PremieTweets>*

Out of the NICU and ready to bang your head against the wall because no one gets RSV season, gets your child's delays, etc.? Here's why:

- The press is full of heart-warming preemie stories, not the reality check of what happens to the infant and the family before, during, and after the premature birth and NICU stay.
- People love a good competition and parenting is no exception even with preemies. To be sure, someone thinks you are a hysterical parent because of this "RSV" thing you constantly talk about. They have no idea that a small cold could land your child in the PICU.

Tell us your (#premiemyth) with a post to our Twitter or Facebook pages by 11/22/15. The top 3 entries picked will win a "little man" DVD.

Premie Support Online

On the Premie Support Forum on INSPIRE:

Connect with *over 23,000 parents of preemies online for free* at www.Inspire.com/preemie for the *Premie Support forum*. It is the largest and most active forum online, *moderated by PremieWorld's own Deb Discenza*.

30 + 1 Premie - *In the NICU/PICU*

External Hydrocephalus - *In the NICU/PICU*

Keeping My Daughter Awake During Feedings - *(Premies with Feeding Issues)*

Premie Triplets - *Intro Your Very Important Premie (VIP)*

PDA - *Open Discussion*

On PremieWorld's Twitter Page:

IS THIS YOU?: Many New Moms Still Lack Breastfeeding Support at Work

On PremieWorld's Facebook Page:

POLICY BRIEF: Protecting Premature Infants from Infectious Diseases

On PremieWorld's LinkedIN Group:

THOUGHTS? Better Premie Survival Rates by Blocking Light to IVs Not Yet a Reality

NEW: Complex Child Magazine Has its Oct Edition Out on Home Care

RESEARCH: Gut Bacteria Tied to Asthma Risk

Get "Social" With Us!



www.PremieWorld.com
www.LittleMantheMovie.com



@PremieWorld



- PremieWorld
- Premie Parent's Survival Guide to the NICU



PremieWorld



Check out other LinkedIN groups we moderate:

- NICU Professionals
- Early Intervention Professionals
- Premie Parent Support Group Leaders
- Premie Parents

Tools and Resources for the Premie Community



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Reality Check: *Real Awareness is that Prematurity is Lifelong*

As we head into World Prematurity Awareness Month, PremieWorld's Deb Discenza has some poignant words to say about the reality of premature birth.

It has been 12 years since my daughter Becky was born at 30 weeks. By now, one would have thought that her early birth would be a distant memory. However, it still feels as if the NICU stay was only yesterday. Why? Because twelve years later, our family is still quietly working through the ramifications of her early birth. *And we are not alone.*

While the public sees only tiny babies growing and thriving, they don't see the complicated reality that so

many parents of preemies do: that prematurity has a life-long component to it. It may play out in terms of therapies, treatments and surgeries in the early years and then *appear* to dwindle to minimal needs as the child grows into adulthood. But the reality check is that society and the taxpayer as a whole need to keep the follow-ups going, keep the research up to date and fully focused. With 15,000,000 preemies born globally each year, that is a huge number of people over a generation that are at-risk for ongoing health, mental health and developmental challenges.

How has prematurity played out in your family? Tell us via Facebook/Twitter using #premiereality