



# Preemie Family

## Preemie Life

### Owen Koehler



Photo Credit: Brian Koehler

Gest. Age: 28 weeks

Weight: 1 lb 6 oz.

Days In NICU: 117

**Proudest Moment in the NICU:** The first time I was able to dress him in clothes. I finally felt like a mommy.

**COOL:** Mom Jessica is the founder and owner of **Teenie Preemie**, a shop with preemie clothing and milestone accessories.

[www.teeniepreemie.com](http://www.teeniepreemie.com)

Coming Soon:

Check [www.PreemieWorld.com](http://www.PreemieWorld.com) for Owen's journey from preemie to now!

### Parent Tip:

*Read to your baby. Your voice will be familiar compared to the noise in the NICU. Read anything – baby books, magazines, newspapers, it doesn't matter.*

## Advocate: Int'l Day of Persons with Disabilities

As preemies are at risk for various disabilities, it is important to note a special day recognized by the United Nations. December 3<sup>rd</sup> is **International Day of Persons with Disabilities** under the UN Enable Program and this year's theme is *"Break Barriers, Open Doors for An Inclusive Society for All."* Learn more about this day here: <http://bit.ly/Disability2013>

## Preemie Resource: Holidays with Premies

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 "Holidays with Premies."** "Holidays are really tough for preemie families," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "Whether they are in the NICU

or at home on lockdown it is important to help them find ways to celebrate the season - Preemie Style!" Parents and professionals alike will appreciate this freebie in that it is easy to print and reproduce.

**Download it here now:**

<http://bit.ly/PreemieHolidays> **And check out more like this here:** <http://bit.ly/PreemieFreebies>

*Follow us on FB, Twitter & LinkedIn!*

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## To Do List



**CONTEST WINNERS:** Congrats to [Jennifer Daniels](#) on winning the *little man* DVD in our FB contest and to [Cassie Bates](#) for winning our book for the e-newsletter contest.



**HOLIDAY WISHES:** We here at PreemieWorld wish you and yours peace this season and into the new year.



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



### MARK YOUR CALENDAR!

*buy buy BABY Holiday Toy Drive*  
Little Giraffe Foundation  
November 29-December 18, 2013  
Chicago, IL  
<http://www.littlegiraffefoundation.org>

*Holiday Adopt A Family Drop Off*

Dallas Preemie Parents  
Texas  
<http://www.dallaspreemieparents.org>

*Have an event to share? Email us:*  
[connect@preemieworld.com](mailto:connect@preemieworld.com)

*Tools and Resources  
for the Preemie Community*

## Term: Meningitis

**Meningitis:** A very serious infection that is caused by inflammation to the membranes that surround the brain and spinal cord.

This infection can be caused by many kinds of bacteria and/or viruses. It often appears very suddenly and can include high fevers, stiff neck, and vomiting.

Since the Premie cannot alert you to these symptoms they are often subjected to spinal taps to



make sure there is no infection brewing. This procedure is necessary because meningitis can be fatal if not treated properly and quickly.

### Questions for the Doctors:

1. What treatment is being provided for my baby?
2. What can I do to help my baby at this time?
3. What do you believe is the long-term prognosis for my baby?
4. Are there any side effects from this treatment?
5. Will any follow-up be needed because of this treatment?

*This excerpt is from **The Premie Parent's Guide to Survival in the NICU** on sale at [www.PremieWorld.com](http://www.PremieWorld.com)*

## Support: NPF



**National Premmie Foundation**  
*Caring, Supporting, Informing Australia*

**Year Established:** 2007

**Focus:** National (Australia)

**Web:** [www.prembaby.org.au](http://www.prembaby.org.au)

**Goals:** Raise awareness of preterm birth, represent interests of parents in terms of hospital policies, health policy, funding, and standards of care; work as part of the World Prematurity Network; link parents with groups and facilitate and assist with the formation of new groups.

**Programs:** Australian Premature Birth Awareness Ribbon, World Prematurity Day activities, support and promote member events for NPF.

Have a support group you want to share? Contact us!  
[connect@premieworld.com](mailto:connect@premieworld.com)

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



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

**"Like" our FB page  
from 12/3/13 to 12/26/13  
and you could win a copy of the  
award-winning *little man* DVD  
from PreemieWorld!**

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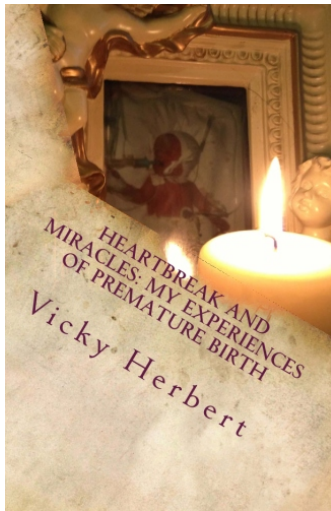
## Preemie Genius: Heartbreak and Miracles

### The Details:

**By:**  
Vicky Herbert

### Website:

[www.vickyherbert.org.uk](http://www.vickyherbert.org.uk)



### The Genius:

Vicky Herbert tells her story with startling honesty and clarity.

Having experienced the full spectrum of issues surrounding preterm birth, her experience will give all readers great pause. With courage she details the daily trials surrounding each of her children and the circumstances behind the birth, the NICU stay and the aftermath.

This is not only a story for the fellow preemie parent community to read but also one for the professional set as well. There is much to be learned on both sides of the NICU world.

## After the NICU: Creating a Preemie Box

*With so much going on a parent might not have the time to fill in a baby journal or create a scrapbook about the NICU days. A simple Preemie Box will go a long way:*

- Add your preemie's hat from the NICU
- Add the first outfit worn in the NICU
- Add a blanket that was used to cover the incubator (if you have room)
- Add a few pictures from the NICU
- Write down some statistics
- Write a love note to your preemie
- Pull it together in a nice keepsakes box.

*Have a topic for After the NICU? Send it into us at [connect@preemieworld.com](mailto:connect@preemieworld.com)*

## Preemie Support Online

### On the Preemie Support Forum on INSPIRE:

Want to connect with *over 16,000 other parents of preemies online?* Check out the [www.Inspire.com](http://www.Inspire.com) **Preemie Support forum**. It is the largest and most active forum online and *moderated by PreemieWorld's own Deb Discenza*. The "rooms" range from "In the NICU" to "Going Home and Family" to "Growing Up and Education" along with more in-depth areas such as "Preemies with CP," "Preemies with Feeding Issues," and "Preemie Tips." Check out some of our more recent topics:

"Pumping"

"My Son"

### On PreemieWorld's Twitter Page:

"COOL: Preemie Update from a Preemie Born in 1946 - <http://bit.ly/PreemieRichard>"

### On PreemieWorld's Facebook Page:

"RESEARCH: Study Ties Weight-Loss Surgery to Higher Risk of Preemie Birth - <http://ow.ly/qXaqZ>"

### On PreemieWorld's LinkedIN Group:

"RECRUITING PREEMIES: Preemie Language Research at Stanford - <http://bit.ly/StandfordPreemies>"

## Get "Social" With Us!



[www.PremieWorld.com](http://www.PremieWorld.com)  
[www.LittleMantheMovie.com](http://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

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### Premie Rattles

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## COOL: Discount at Nurtured by Design to Benefit Lahav Lab

**Premie Holiday Treat:** Our friends at Nurtured by Design ([www.NurturedByDesign.com](http://www.NurturedByDesign.com)) have created a large discount program that PremieWorld is thrilled to offer to its readers. **Bonus:** Your purchase creates a donation to our selected organization - the Lahav Lab ([www.lahavlab.com](http://www.lahavlab.com)).

**Q: What is Nurtured By Design, Inc.?** Started by Yamile Jackson after the premature birth of her son, Zachary, NBD creates products that promote the parent/baby bond such as the **Zaky** and the **Kangaroo Zak**. Sold globally, these products have made a huge difference in the lives of premie families.

**Q: What is Lahav Lab?** Based at Brigham and Women's Hospital and created by Amir Lahav (a father of premie twins), the organization is focused on developing ways to optimize brain development and long-term outcomes of extremely premature infants in the NICU.

**Q: Great! How do I do it?** Go here to buy your products and learn more: <http://bit.ly/OBOZlahav>

