



Preemie Family



PREEMIE LIFE

Oliver Shan Yu Hanson



Photo Credit: Family Photo

PARENT TIP:

Joke and laugh around your baby. Let him know he is coming home to a joyous family.

Gestational Age at Birth:
24 weeks

Birth Weight:
1 lb. 4 oz.

Days in the NICU:
201 Days

Proudest Moment:
Day 124, when Oli was finally extubated from the High Frequency Oscillatory Ventilation (HFOV) machine. We got to hold our son for the first time in 4 months.

SEE MORE:

Visit www.preemieworld.com late January to read a special update.

ADVOCATE: World Braille Day

January 4th, 2017 is World Braille Day due to it being the birthday of Louis Braille who invented this code in 1821. In our community of preemie parents we have many families affected by blindness due to **Retinopathy of Prematurity (ROP)**. Braille is used worldwide. To learn more about the individual behind it, go here to find out more: <http://bit.ly/BrailleDay>

PREEMIE FREEBIE: VIPreemie (VIP) Badges

PremieWorld provides a number of free handouts to be used in the NICU and beyond in its [“Freebies”](#) section of the website.

This month's freebies are **VIPreemie (VIP) Badges**. “Parents and grandparents are so stressed that the baby is in the NICU that the celebration tends to go by the wayside,” comments **Deb Discenza, Founder of PremieWorld**. “Our

VIPreemie badges give them a simple chance to show off their preemie pride to the world.” :-)

DOWNLOAD IT: <http://bit.ly/PremieFreebies>

MORE FREEBIES: <http://bit.ly/PremieFreebies>

TO DO LIST:

- CONGRATS!** **Bobby Bellflower** (Premie Shower), **Aldy Serrano** (*little man* DVD) & **Nicolas Bamat** (Premie Genius).
- LIKED US YET?:** PremieWorld is doing another PremieWorld Facebook page contest. See page 2 of this newsletter for details!
- DOWNLOAD FREE TOOLS:** From PremieWorld at <http://bit.ly/PremieFreebies> to use and pass onto other Premie Parents.
- MARK YOUR CALENDARS:**
January 5, 2017 *Support for Infant Loss*
<http://www.PremiesToday.com>

January 12, 2017: *Monthly Premie Playgroup*
<http://www.PremiesToday.com>
- CONTACT US:**
 - Have an event you want to share with our community?
 - Have an organization or product we should know about?
 - Know of a family or pro to highlight?
 - *Email us at* connect@preemieworld.com

TOOLS AND RESOURCES FOR THE PREEMIE COMMUNITY

TERM:

Premie

Premie (aka Premature Baby/Premature Infant): any baby born prior to 39 weeks 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

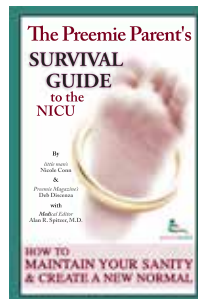
Late Preterm: 35 weeks - 38 weeks

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



SUPPORT:

Will's Way Foundation



WILL'S WAY FOUNDATION

After the premature birth of their son Will and during his 5-month stay in the NICU, Scott Bolick and Brittany Lothe saw firsthand the challenges that come with having a sick child in the hospital. Their foundation seeks to change that.

Established: 2014

Outreach: Northern California

Web: www.willswayfoundation.us

Programs: Providing crucial and effective support to low-income families through support grants and research. To date the organization has provided over 700 support grants including meals, transportation and lodging. And now they are partnering with UCSF on a research project to advance family integrated care in the U.S.

PREMIEWORLD: "LIKE US" ON FACEBOOK & YOU COULD WIN!

LIKE US HERE:



<http://bit.ly/FBPreemie>

"Like" our FB page from 1/3/17 to 1/22/17 and you could win a copy of the award-winning *little man* DVD documentary from PremieWorld!



READ AND SUBSCRIBE:

Premie parents and professionals are invited to subscribe to our **FREE** newsletters today @ www.PremieWorld.com

PREEMIE GENIUS:

RES-Q Wedge



by CR Enterprises, LLC
www.ResQWedge.com

If there is one thing most preemie parents “get” is acid reflux. Reflux wreaks havoc with feeding, with sleeping, with growth and especially with that all-important “tummy-time” and “head-molding” requirement for development. Enter the ResQWedge to the rescue!

The ResQWedge is a medical device used by NICUs and rehab facilities to provide a 35-45 degree angle for supine resting and 30-degree angle for prone positioning. It is now available for sale to patient families directly. A solid, well-made product, the ResQWedge’s genius is in its quality and its simplicity to keep the baby up at a safe and appropriate angle for relief and continued progress.



WIN THIS ITEM!

Follow us on Twitter by 1/22/17 to enter: <http://bit.ly/PreemieTweets>



AFTER THE NICU:

When it is Time to Change Doctors

Not every doctor is going to be a perfect fit for your child. Start the new year off assessing how your post-NICU team (pediatrician, specialists, therapists) is helping or hindering your child, such as:

- The professional is not well-versed in prematurity and its short-term and long-term effects.
- The professional seems to brush off your ongoing concerns about your child.
- The professional is not considering other ideas in terms of treatment, despite being shown credible literature.
- The professional is not a good personality fit with what you need.

SHARE YOUR TIPS:

Have you had to change doctors post-NICU? Tell us about it using the hash tag [#preemiedocs](https://twitter.com/preemiedocs)

PREEMIE FAMILY ONLINE

PREEMIE SUPPORT FORUM ON INSPIRE.COM

Connect with over 32,000 parents of preemies for FREE at <http://preemie.inspire.com> for the **Preemie Support Forum**. It is the largest and most active forum online, moderated by our own **Deb Discenza**.

In the NICU/PICU: Chronic Lung Disease

In the NICU/PICU: Christmas in the NICU

At Home (Years 1-5): Right Side Weakness

Preemie Tips: Our Little Fighter

At School (Years 6-12): Challenges with a Special Kid

@PREEMIEWORLD @TWITTER.COM

STUDY: Babies Born Early More Likely to Be Short as Adults

PREEMIEWORLD AT FACEBOOK.COM

STUDY: Mothers of Preemies More Likely to Suffer Depression for Up to Eight Years

PREEMIEWORLD'S GROUP ON LINKEDIN

STUDY: ‘Kangaroo Mother Care’ May Improve Preemies Lives into Adulthood

NEW: New Nonsurgical Repair of Common Heart Defect in Premature Babies

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- [Premie Parent's Survival Guide to the NICU](#)



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Interested in advertising? Contact us at connect@premieworld.com

PREMIEWORLD'S "PREEMIE SHOWER"

PremieWorld continues its monthly **Premie Shower!** Each month we will be picking *one* NICU to receive donated items.

Our friends at Little Lotus will be providing ONE NICU with: a set of their Little Lotus Swaddle Blankets

We will select one NICU from our "Premie Family for Professionals" list **by 1/22/17** at www.bit.ly/PremieFam4Pros

NICUs: What do YOU want for a Premie Shower?
Tell us using the hash tag **#premieshower**

