



# 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](http://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](mailto: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

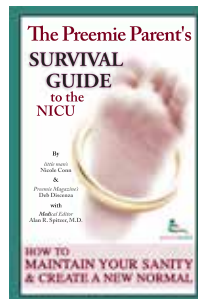
*Late Preterm:* 35 weeks - 38 weeks

*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](http://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](http://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.

## PREMIWORLD: "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](http://www.PremieWorld.com)

## PREEMIE GENIUS:



### RES-Q Wedge

by CR Enterprises, LLC  
[www.ResQWedge.com](http://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

## GET SOCIAL WITH US!



premieworld

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- [www.littlemanthemovie.com](http://www.littlemanthemovie.com)



- @PremieWorld



- [www.facebook.com/PremieWorld](http://www.facebook.com/PremieWorld)
- [Premie Parent's Survival Guide to the NICU](#)



- [www.instagram.com/premieworld](http://www.instagram.com/premieworld)



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## 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](http://www.bit.ly/PremieFam4Pros)

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

