



Preemie Family



NICU LIFE

Greyson Greene



Photo Credit: Leah Greene

Weeks at Birth: 24 weeks, 4 Days

Birth Weight: 1 lb. 7 oz.

Days in the NICU: 200 Days

Proudest Moment:

After his 4th surgery, Greyson pulled his breathing tube out immediately upon waking. I was so proud to see how strong and what an amazing fighter our son was, even under the worst scenario.

Editor's Note: WOW - Agreed!!!

PARENT TIP:

Find a book to immerse in that you can read at bedside.

SEE MORE:

Visit www.premieworld.com late April to read a special update.

ADVOCATE: HIE Awareness Month

A brain injury that is caused by oxygen deprivation to the brain, **Hypoxic-Ischemic Encephalopathy (HIE)** is sometimes diagnosed in preemies. So **April is HIE Awareness Month**. To learn more about HIE and its effects, what you can do and to get more support, reach out to our friends at **Hope for HIE** at their website: www.HopeforHIE.org or Facebook Page: Hope For HIE.

PREEMIE FREEBIE: Preemie Birth & Angel Certificates

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 a **Preemie Birth Certificate** and a **Preemie Angel Certificate**. "We created these certificates to help families celebrate their preemie and when needed, their Preemie Angel," notes **Deb Discenza, Founder**

of PremieWorld. "These are PDFs that have fields for typing in the babies' information. NICU Nurses should be using these with all their preemie families."

DOWNLOAD IT:

<http://preemie.us/PremieAngelCert>
<http://preemie.us/PremieBirthCert>

MORE FREEBIES:

<https://bit.ly/PremieFreebies>

TO DO LIST:

✓ **CONGRATS!** **Pam Holland** (Preemie Shower), **Brittany Lothe** (*little man* DVD) & **Avie Banks** (Preemie 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:**
April 5-7, 2017: *NEC Symposium*
<https://NECSociety.org>

May 2-5, 2017: *Young Child Expo & Conference*
<http://youngchildexpo.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@premieworld.com*

TOOLS AND RESOURCES FOR THE PREEMIE COMMUNITY

TERM:

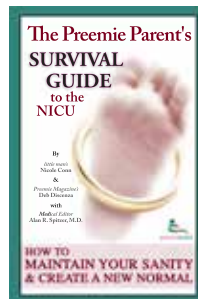
Gram

Gram: The metric unit of weight used in the hospital to weigh babies. 1,000 grams equal a kilogram which is roughly 2.25 pounds. And for you math geeks out there with pocket calculators, 1 gram=0.0022046 pounds.

Note: Weight is a significant factor in taking care of preemies as both a sense of progress and a factor in medicating. You may hear the term “dry weight” being used during rounds. This is what the doctors consider to be the more accurate weight of your baby than what he may actually show on the scale, since many babies retain fluid during their illness.

EXTRA: Download our Weight Conversion Chart from our book, here: <http://preemie.us/PreemieWeight>

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



SUPPORT:

HandFullHearts.com

After giving birth to twin boys at 26 weeks gestation and losing one to stillbirth and the other enduring a 146-day stay in the NICU, **Fabiana Bacchini** wanted to give back to the hospital. And so **HandfullHearts** was born.

Established: 2014 **Outreach:** Toronto, Canada

Web: www.HandfullHearts.com

Programs:

- Baskets of essential items for families over the holidays. *Editor: Donations needed!*
- “Life with a Preterm Baby” program to support families transitioning from the NICU to home. www.LifeWithaBaby.com/preterm
- HandfullHearts is an ambassador of Family Integrated Care (FiCare) which truly integrates parents in the care of their baby. Web: www.FamilyIntegratedCare.com

PREMIEWORLD: “LIKE US” ON FACEBOOK & YOU COULD WIN!

LIKE US HERE:



<http://bit.ly/FBPreemie>

“Like” our FB page from **3/28/17 to 4/22/17** and you could win a copy of the award-winning *little man* DVD documentary from PremieWorld!



READ AND SUBSCRIBE:

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

PREEMIE GENIUS:

APP: Peek a Boo ICU Premie

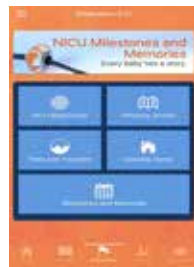


PeekabooICU
www.PeekabooICU.com

It seems like there is an app out there for everyone and that is definitely the case for preemie parents. PeekabooICU, a company that provides the very popular NICU Journey beads and bracelets has recently released a **free app** for preemie parents.

The app is parent-friendly with numerous personal touches so that it seems more like a solid friend to lean on during the NICU stay than simply a piece of technology. It educates parents on subjects such as feeding, growth charts, milestones, weekly developmental changes and tips, this app has it all. It even provides a nice bridge section to discharge day.

NICUs - add this one to your resource lists for families. As a time-saver on patient education, you will be glad you did.



AFTER THE NICU:

Planning A Baby Shower for Your Premie

Never had that baby shower and now you are heading home or already at home? It is not too late. And you can create one that is RSV season-friendly thanks to a little technology.

- Set up a special group on Facebook and invite your friends (and make it secret so it is private).
- Provide some pictures of your preemie along with the invitation to the group.
- Add in a link to your fave baby site registry and let participants know that you would appreciate the gifts being shipped to you if at all possible.
- On the day of the shower, provide more photos of the special event and then at one point, provide a Facebook live video with the baby. Make sure to say thanks to all who attended this event.

SHARE YOUR TIPS:

Have a baby shower for your preemie?

Tell us about it using the hash tag [#preemieworld](https://twitter.com/preemieworld)

PREEMIE FAMILY ONLINE

PREEMIE SUPPORT FORUM ON INSPIRE.COM

Connect with over 35,000 parents of premies for FREE at <http://preemie.inspire.com> for the **Preemie Support Forum**. It is the largest and most active parent forum online, **moderated by our own Deb Discenza**.

In the NICU/PICU: Ups and Downs

In the NICU/PICU: Premie - Ventilator, Possible Trach?

At Home (Years 1-5): Can There Be Too Much Therapy?

Premie Hope: My Little Girl with Brain Bleed Grade 4

33-36 Week Premies: Searching for Answers

@PREEMIEWORLD @TWITTER.COM

PREEMIE UPDATE: Superman TJ

PREEMIEWORLD AT FACEBOOK.COM

NEEDED: PremieWorld Sponsors CareNav Sessions
4 Premie Parents post-NICU Help

PREEMIEWORLD'S GROUP ON LINKEDIN

LEARN: About National Cerebral Palsy Day

WOW: I was a Premie Just Like You Shows Younger Premies Their Journey & That They are Not Alone

FREEBIE: PremieWorld's CP Infographic

GET SOCIAL WITH US!



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- www.littlemanthemovie.com



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



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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 WaterWipes will be providing ONE NICU with: a DOZEN CASES of their 99.9% Chemical-Free Baby Wipes

We will select one NICU from our "Premie Family for Professionals" list **by 4/22/17** at www.bit.ly/PremieFam4Pros

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

Premie Shower

www.PremieWorld.com

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