



Preemie Family



NICU LIFE

William Thomas & Aaron Lawson Conley



Photo Credit: Stephen Conley

Weeks at Birth:
25 weeks, 5 Days

Birth Weight:
Just under 2 lbs. each

Days in the NICU:
93 Days each

Proudest Moment:
When I could hold them together
for the first time.

PARENT TIP:

If you don't know what to do with your babies while they're in the NICU - read to them. You can load your phone with Kindle books. The phone is portable, easy to sanitize, and easy to hold while holding your babies.

SEE MORE:

Visit <https://premieworld.com> late May to read a special update.

TO DO LIST:

- ✓ **CONGRATS!:** Jenni Kramer (Premie Shower: a dozen cases of Water Wipes) and Melisa Cellan (*little man* DVD).
- ✓ **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:**
May 7, 2017: Parents of Premies Day
<https://www.parentsofpreemiesday.org>

May 15, 2017: Int'l Kangaroo Care Awareness
<http://www.nurturedbydesign.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 PREMIE COMMUNITY

ADVOCATE: Kangaroo Care Awareness Day

Mark your calendars for **May 15, 2017** for the **6th Annual International Kangaroo Care Awareness Day** hosted by **Nurtured By Design** (www.NurturedByDesign.com). Post your KC pics online and with **#kangaroo careday** and also submit pics to kangaroo@nurturedbydesign.com



PREEMIE FREEBIE: Kangaroo Care Awareness Badge

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 freebie is a **Kangaroo Care Awareness Badge**. "PremieWorld wants to join in on the celebration to raise awareness about this incredible tool for parents," notes **Deb Discenza, Founder of PremieWorld**. "Kangaroo Care has

been shown to have numerous positive benefits for the NICU baby and the family. It is a no-brainer yet is not always implemented as much as it should be."

DOWNLOAD IT: <http://premie.us/KMCBadge>

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

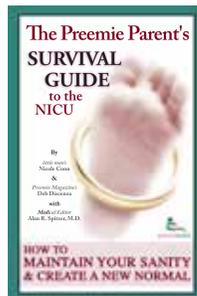
TERM:

Kangaroo Care (also Kangaroo Mother Care)

Kangaroo Care: Kangaroo Care is a wonderful way to connect with your baby and give him or her the amazing comfort and stability of health. This procedure involves placing your diaper-only baby (plus leads, etc.) on your chest. Your baby hears your heartbeat and feels your body temperature. Quickly you notice that the monitor shows your baby's stats improving and that your baby is much more peaceful and can fall into a very deep slumber. This is something that both moms and dads can do (though dads need to be prepared for a little chest hair pulling).

In the NICU and want to take the Kangaroo Care Pledge? Be counted and share at: <http://tinyurl.com/PledgeKC2017>

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



SUPPORT:



With the early birth of her son, **Selina Bentoom's** son, King Luther, was born at 1.4 kg having survived with less than 250 ml of amniotic fluid and the umbilical cord being wrapped around his neck. From this experience AFPNC was born.

Established: 2015 **Outreach:** Africa (Ghana)

Web: www.afpncvoice.org

Programs:

- "Save Our Babies Africa Support Initiative" to fund awareness, programs and more.
- Improve quality in standards of treatment and care in Africa through establishing or refurbishing existing NICU and Kangaroo Mother Care Units, facilitate training for providers, promote evidence for action by supporting research work.
- Run Preterm Family Network & Neonatal Health Professionals Network.

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

LIKE US HERE:



<http://bit.ly/FBPreemie>

"Like" our FB page from 5/2/17 to 5/22/17 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 @ <https://PremieWorld.com>

PREEMIE GENIUS:

Coloring Book: Rich & Creamy for Our Premie



by Platypus Media
www.PlatypusMedia.com

So many educational materials for the NICU are often focused solely on the parents and the infant. But what about those siblings that are trying to grapple with this life-altering experience that is hardly normal? How do they get comfort and the ability to process this situation in a healthy and developmentally appropriate manner?

This is where *Rich and Creamy for Our Premie* brings the NICU to tiny hearts, minds and fingers itching to color. Each page goes through the story of a young child going through the arrival of a preemie sibling and the journey from NICU to home and within that, learning about how breast-milk helps the infant.

This coloring book, available in both English and Spanish, is a must-have for every NICU.



Rico y cremoso para nuestro prematuro hermoso
 Un libro de colorar para los hermanos de mamá en la Unidad Neonatal de Cuidado Intensivo (UNCI)



Aprenda cómo la UNCI usa la leche materna donada para ayudar a que los bebés que nacen antes de tiempo, muy pequeños, o enfermos, crezcan sanos y saludables

AFTER THE NICU:

Go or Not Go? Someone Else's Baby Shower

Your baby is home from the NICU and you are settled into life and trying to move on. But then you get an invitation to a good friend's baby shower. Do you go or not go? You want to support your friend it feels awkward and anxiety-inducing, yes? Tips:

- **Talk to your friend.** Be honest and explain that you want to support her but the situation is awkward for you and common for preemie parents.
- **Pre-shower!** Suggest a "Pre-Baby Shower" at an alternative date and time so you two can hang out together and just talk, eat a meal and relax.
- **Have a buddy system.** If you do go, ask a friend there to check in on you, protect you from invasive questions and scoot you as soon as the party is over.

SHARE YOUR TIPS:

Been in this situation? What did you do?

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

PREEMIE FAMILY ONLINE

PREEMIE SUPPORT FORUM ON INSPIRE.COM

Connect with over 36,000 parents of premies for FREE at <https://preemie.inspire.com> for the **Premie Support Forum**. It is the largest and most active parent forum online, **moderated by our own Deb Discenza**.

In the NICU/PICU: Our 24 Weeker

In the NICU/PICU: Babies with Broken Bones

At Home (Years 1-5): How Long Did You Isolate Your Premie?

At Home (Years 1-5): Baby Having Infantile Spasms

Open Discussion: Deb Meets Geoff!

@PREEMIEWORLD @TWITTER.COM

PREEMIE UPDATE: Greyson, the 24-Weeker Warrior

PREEMIEWORLD AT FACEBOOK.COM

FREE: Premie Birth Certificate & Premie Angel Certificate on PremieWorld Website

PREEMIEWORLD'S GROUP ON LINKEDIN

USEFUL: Tips for Parents Planning a Baby Shower for a Premie

#preemie Genius: A FREE App for Premie Parents in the #nicu

GET SOCIAL WITH US!



premieworld

- <https://premieworld.com>
- www.littlemanthemovie.com



- @PremieWorld



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



- www.instagram.com/premieworld



- [PremieWorld](#)
- [NICU Professionals](#)
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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 Platypus Media (www.PlatypusMedia.com)

will be providing ONE NICU with:

a DOZEN COPIES of their sibling coloring books,

Rich and Creamy for My Premie

We will select one NICU from our "Premie Family for Professionals" list

by 5/22/17

at www.bit.ly/PremieFam4Pros



Rich and Creamy for Our Premie

A coloring book for siblings of babies in the Neonatal Intensive Care Unit (NICU)



Learn how the NICU uses donated breast milk to help babies who are unable to suck, grow big and strong.

Rico y cremoso para nuestro prematuro hermoso

Un libro de colorear para los hermanos de bebés en la Unidad Neonatal de Cuidados Intensivos (UNCI)



Aprenda cómo la UNCI usa la leche materna donada para ayudar a que los bebés que nacen antes de tiempo, muy pequeños, o enfermos, crezcan sanos y saludables.

NICUs: What do YOU want for a Premie Shower?

Tell us using the hash tag **#premieworld**