



Preemie Family



PREEMIE LIFE

Dylan Marie (Baby A) & Hayden Rae (Baby B)



Gestational Age at Birth:
23 weeks, 6 days

Weight at Birth:
Dylan: 1 lb. 3 oz.
Hayden: 1 lb. 7 oz.

Time in NICU:
Dylan: 119 days
Hayden: 109 days

Proudest Moment: The day I held each of them for the first time. Dylan was 44 days, Hayden was 30 days.

SEE MORE:

Go to www.preemieWorld.com late August to read a special update.



Photos: Amy DuChene & Tina Lonsky

PARENT TIP:

Take care of yourself, so when they do come home you can take care of them.

ADVOCATE: Black Breastfeeding Week

With many breastfeeding events happening this month, one group that caught our eye is the **4th Annual Black Breastfeeding Week** happening **August 25-31, 2016** throughout the United States and beyond through local and online events. The focus is to inspire and support African American breastfeeding mothers everywhere. Learn more: <http://blackbreastfeedingweek.org>

PREEMIEWORLD SCHOOL: Human Milk Infographic

PremieWorld 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 **PremieWorld School: The Benefits of Human Milk for Your Preemie**. “With August revolving around breastfeeding awareness, we wanted to make sure to include Preemie Moms,” comments **Deb Discenza, Founder of PremieWorld**. “They should be validated as part of the NICU team because their

milk is the ultimate medicine. We should praise Moms for *trying*, for every *hard-won drop*, for every ounce.”

DOWNLOAD IT: <http://preemie.us/PremieMilk>

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

TO DO LIST:

- ✓ **CONGRATS!** **Leah Jacoby** (Premie Shower), **Brittany Monae** (*little man* DVD) & **Aimee’s Babies** (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:**
Aug 1-7, 2016: *World Breastfeeding Week*
<http://worldbreastfeedingweek.org>

Aug 25-31, 2016: *4th Black Breastfeeding Week*
<http://blackbreastfeedingweek.org>
- ✓ **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

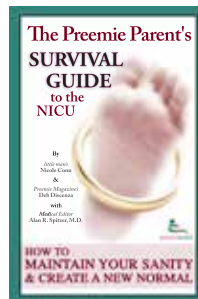
TERM:

Breastfeeding

Breastfeeding: Breastmilk is one of the best possible medicines for your baby. It provides protection from all sorts of illnesses that formula can't, and helps in areas such brain development and reducing infection. We cannot stress enough the importance of breastfeeding your baby or pumping breast milk and leaving it with the nurses. This is one of the main ways in which you can help your baby.

The Real Deal on Breastfeeding: Breastfeeding is not as easy as it looks! Breastfeeding takes some training and the help of a Lactation Consultant in the NICU, so don't be afraid to ask for help. You can run practice sessions prior to the actual breastfeeding. Be prepared for the LC to touch your breasts as you attempt to get the baby to latch on. It may initially seem odd but it is normal practice. *Tip: Keep trying!*

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



SUPPORT:

The Potato Head Project



When the Moan twins arrived at 23 weeks and 6 days, their parents were trying to find a "sanitized" way to track their growth. They used Mrs. Potato Heads to do it. And **The Potato Head Project** was born to spread hope nationwide.

Established: 2013

Outreach: National

Website: www.thepotatoheadproject.org

Suggestion: Requesting a Potato Head is *free* though as a 501 3(c) donations are tax-deductible. Those family and friends asking what they can do to help you or asking for updates on the baby? Have them request for a Potato Head to be sent to you so you can focus on your little one(s). :-)

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

LIKE US HERE:



<http://bit.ly/FBPreemie>

"Like" our FB page from **7/26/16 to 8/22/16** 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:

Book: *Work. Pump. Repeat.*



by Jessica Shortall

www.workpumprepeat.com

Preemie Moms are on an intimate basis with breast pumps early on during the NICU stay and likely even beyond the NICU stay. Navigating pumping and all that life entails is a challenge. Then add going back to work. This is where *Work. Pump. Repeat.* comes in with extremely detailed advice on navigating the politics and logistics of the corporate world and pumping. With a friendly and yes even funny tone, author and Mom Jessica Shortall helps to lighten the mood surrounding this difficult task with great quips and comebacks. She also makes it clear that all breast-milk is a success regardless of amount or duration of pumping. She will get cheers from the NICU crowd for sure.



WIN THIS BOOK!

Follow us on Twitter by 8/22/16 to enter: <http://bit.ly/PremieTweets>



AFTER THE NICU:

Pumping/Breastfeeding After the NICU

If you are one of the luckier Moms and you were able to go home exclusively breastfeeding your preemie - hats off to you! If you are the Mom that is pumping and breastfeeding or exclusively pumping, again we applaud you for the medicine you are giving your baby. Add in a full-time or part-time job along with siblings and general life and well, *it is exhausting.*

This is where those, "What can I do to help?" people come in to aid you. At work or in life, ask key people around you to help as is possible with small tasks. Friendly reminders to pump, a high-five after a pumping session, making sure you have that big glass of water with straw and a private place to sit and focus all count. Remember to thank them!

SHARE YOUR TIPS:

How have people around you at work and at home supported you in breastfeeding/pumping?

Use the hash tag [#preemieparentexpert](https://twitter.com/preemieparentexpert)

PREEMIE FAMILY ONLINE

[PREEMIE SUPPORT FORUM ON INSPIRE.COM](http://www.inspire.com/groups/preemie)

Connect with over 28,000 parents of preemies for FREE at <http://www.inspire.com/groups/preemie> for the **Premie Support Forum**. It is the largest and most active forum online, moderated by our own Deb Discenza.

In the NICU/PICU: Bilateral Grade 4 IVH

Premie Hope: Home from NICU, Back to PICU

Working Preemie Moms: Nervous!

33-36 Week Premies: 32 Weeker Might Not Walk?

At School (Years 6-12): My Big Girl

[@PREEMIEWORLD @TWITTER.COM](https://twitter.com/preemieworld)

CUTE: An update on #preemie Roxanne

[PREEMIEWORLD AT FACEBOOK.COM](https://www.facebook.com/preemieworld)

TISSUES NEEDED: To My Preemie on Her First Birthday

[PREEMIEWORLD'S GROUP ON LINKEDIN](https://www.linkedin.com/groups/preemieworld)

HEALTH TIP: How to Help Your Underweight Child Gain Safely

PRIMER: Zika Virus - How to Protect Your Family

STUDY: Those Milestones May Have Longer Term Importance

GET SOCIAL WITH US!



- www.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](#)
- [Early Intervention Professionals](#)
- [Premie Parent Support Group Leaders](#)
- [Premie Parents](#)

Prolonged, effective, safe, and hands-free Kangaroo Care sessions. Guaranteed.

kangaroozak.

nurtured by design
for your baby

www.nurturedbydesign.com

TOWELS ARE NOT SAFE!

HUG ME JOEY Infants and Children's Products

"SO MUCH BETTER!"

WWW.HUGMEJOEY.COM

NICU *Hope* Beads

COMMEMORATE & SHARE

Your NICU journey through jewelry...

facebook.com/NICUHopeBeads | 979.635.0825

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

PREMIeworld's "PREEMIE SHOWER"

PremieWorld has launched a monthly **Premie Shower!** Each month we will be picking *one* NICU to receive donated items.

In honor of the many breastfeeding awareness programs this month worldwide, August's product is **Lansinoh's Breastfeeding Starter Set**. Learn more at www.lansinoh.com

Lansinoh will be donating 50 Breastfeeding Starter Sets to ONE lucky NICU!

We will select one NICU from our "Premie Family for Professionals" list **by 8/22/16** at www.bit.ly/PremieFam4Pros

NICUs: What do YOU want for a Premie Shower?
Tell us using the hashtag **#preemieshower**

