



# Premie Family



## PREEMIE LIFE

### Andresito & Vicente Andrés Granados Diaz

*Beloved Premie Angels*



Photo Credit: Diaz Family

**Gest. Age at Birth:** 26 weeks

**Weight at Birth:** ~1.76 lbs each

**Time in NICU:**

*Andresito:* 0 days

*Vicente Andrés:* 30 days

**Proudest Moment:**

We will never forget how every single visit, our preemie Vicente Andrés would hold our fingers with all of his strength. We, in turn, passed love and strength to his tiny body.

**SEE MORE:**

Visit [www.preemieworld.com](http://www.preemieworld.com) late October to read a special update.

### PARENT TIP:

*For parents in developing countries, keep informed and demand to be with your baby 24 hours a day and ask the doctor all the questions you need to in order to be completely satisfied.*

## ADVOCATE: Pregnancy & Infant Loss Awareness

We as a community mourn alongside our fellow preemie parents who have lost a baby in pregnancy, at birth, in the NICU and beyond. October is **Pregnancy & Infant Loss Month** with **October 15th** as a specific day. With that consider donations to these organizations: **Zoe Rose Memorial Foundation**, **Emma's Footprints**, **Faith's Lodge**, and **Now I Lay Me Down to Sleep**.

## PREEMIE FREEBIE: Celebrating NICU Respiratory Therapists

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 **Respiratory Therapists Help Premies Breathe**. "With **October 23-29, 2016** being **Respiratory Care Week**, we want to recognize these quiet heroes of the NICU," comments **Deb Discenza, Founder of PremieWorld**. "NICU Respiratory Therapists work in the background to keep preemies breathing. With-

out their hard work, our babies have a much, much harder time surviving their early births."

**DOWNLOAD IT:** <http://preemie.us/PremieRTs>

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

## TO DO LIST:

✓ **CONGRATS!:** **Christine Zepeda** (Premie Shower), **Alex Boatright** (*little man* DVD) & **Jill Gaertner** (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:**  
October 15, 2016: *Emma's Wave of Light*  
<http://preemie.us/WaveofLight>

October 19-21, 2016: *Young Child Conf & Expo*  
<http://preemie.us/YoungChildSp>

✓ **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:

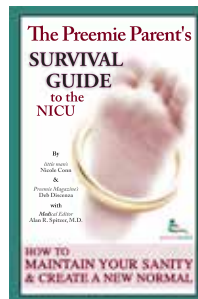
### *Early Intervention*

**Early Intervention:** A family-centered program, its therapists teach families how to help “exercise” their babies in order to stimulate them in terms of vision, speech, feeding, gross motor skills (walking and running), and fine motor skills (holding a crayon, self-care). While scheduling these sessions can be an overwhelming challenge, this much-needed therapy can make the difference in your baby’s quality of life. If your baby needs some help in stimulating brain development to reach those milestones, EI is a great program.

### **Questions to Ask the Therapist Evaluating Your Child:**

How is my baby doing in various skill areas for his/her gestational age vs. his/her adjusted age? Does my baby show any type of sensory processing issues at this time?

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:

### *Con Amor Vencerás A.C., Primero lo Primero*



**Ilein Bolaños** had boy-girl twins at 32 weeks and **Jessica Díaz** had boy-boy twins at 26 weeks. Jessica’s twins both died and after that experience she started working in the area of premature birth. Together, they created the organization.

**Established:** 2011

**Outreach:** Regional - Iberoamérica

**Focus:** All premature babies, including premies that have passed away and their families and prevention of premature birth.

**Website:** [www.conamolvencerás.org](http://www.conamolvencerás.org)

**Programs:** Virtual, in-person and education groups for Spanish speaking families and pros.

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

LIKE US HERE:



<http://bit.ly/FBPreemie>

“Like” our FB page from **9/27/16 to 10/22/16** 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](http://www.PremieWorld.com)

## PREEMIE GENIUS:

### SensoryMagnets



by Sensory Treat  
[www.SensoryTreat.com](http://www.SensoryTreat.com)

Sometimes the best inventions come from personal experience. Sensory Treat's owners, Hadas & Oren Steinberg created **SensoryMagnets** based upon the experiences of their own children who required seven years of sensory therapies. The magnets are illustrated sensory activities that go across the areas of deep pressure, heavy work, jumping, vestibular and oral needs.

The magnets are colorful, easy to use and are grouped and coded by specific area of need. Having these magnetized is helpful as they can be kept in key places like a kitchen, a therapy clinic, or a special education room at school. There is also a handy tin to collect everything in one single place.



WIN THIS ITEM!

Follow us on Twitter by 10/22/16 to enter: <http://bit.ly/PremieTweets>



## AFTER THE NICU:

### Dev Delay and Competing Parents

As you watch other parents bragging about their child's "advanced" development, you are trying not to lose it because your baby has the dreaded label of "Developmental Delay" hanging over his/her head. Sound about right? You are not alone!

It is irritating to have to be part of that horrible parenting competition when you know your child is struggling. Always keep that sense of humor handy in combatting such insensitive people with a quip like "I am very happy for your child's accomplishments. In fact I understand how thrilling it is to see your child achieve. After all my baby *breathed before he was supposed to* so he is definitely advanced, too!" :-)

### SHARE YOUR TIPS:

What types of quips have you used to combat the trap of competitive milestone sharing?

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

## PREEMIE FAMILY ONLINE

### PREEMIE SUPPORT FORUM ON INSPIRE.COM

Connect with almost 30,000 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:* Premie on Oscillator

*Premie Hope:* Huge Thank You to You All!

*Premie Tips:* Advocacy

*Open Discussion:* Gtube Button

*At School (Years 6-12):* Encouragement/Advice for Premie and Older Moms

### @PREEMIEWORLD @TWITTER.COM

**AMAZING:** Learn All About 23 Weekers' Samuel & Jacob

### PREEMIEWORLD AT FACEBOOK.COM

**LOVE:** Mom's Singing Helps Stabilize Infant Breathing

### PREEMIEWORLD'S GROUP ON LINKEDIN

**SMART:** Simulation Debunks Myth that Shorter NICU Stays Lower Costs

**STUDY:** How Parents Cope with Stress of NICU Affects Family Dynamics

## GET SOCIAL WITH US!



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

October's product is **Nurtured By Design's Zaky**. Learn more at [www.NurturedByDesign.com](http://www.NurturedByDesign.com)

**Nurtured by Design will be donating 12 Zaky hands on behalf of Zachary to ONE lucky NICU!**

We will select one NICU from our "Premie Family for Professionals" list by 10/22/16 at [www.bit.ly/PremieFam4Pros](http://www.bit.ly/PremieFam4Pros)

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

