



# Preemie Family



## PREEMIE LIFE

### Twins Alexandra & Veronika Kostova and Twins Martin Kostov & Joana Kostova



Photo Credit: Family Photos

#### Weight at Birth:

Alexandra - 730 grams  
Veronika - 680 grams  
Martin - 1170 grams  
Joana - 930 grams

#### Time in NICU:

Alexandra - 5 months (died)  
Veronika - 2 days (died)  
Martin - 3 months  
Joana - 3 months

**Fact:** Mom Nina Nikolova runs the Bulgarian charity Our Prematurity: [www.premature-bg.com](http://www.premature-bg.com)

#### SEE MORE:

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

### PARENT TIP:

*Never give up.*

*Do not stop believing in miracles.  
Do not stop believing in your babies.*

## ADVOCATE: Prematurity Awareness

November is **Prematurity Awareness Month** and **November 17** is **World Prematurity Day**. Looking to join an organization's event or fundraiser? Check out our handy **World Prematurity Awareness Events Sheet** chock-full of events from very worthy organizations looking for attendees, donations and volunteers. Download the list here: <http://preemie.us/Prematurity2016>

## PREEMIE FREEBIE: Premies Are Warriors

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 **Premies Are Warriors** "November is the month for **World Prematurity Awareness** and we want to celebrate premies as the miracles they are known for being," comments **Deb Discenza, Founder of PremieWorld**. "My hope is that parents, grandparents and NICU professionals worldwide will share this logo in soli-

arity. Premature babies are stronger and more resilient than expected. They are amazing!"

#### DOWNLOAD IT:

<http://preemie.us/PremieWarriors>

#### MORE FREEBIES:

<http://bit.ly/PremieFreebies>

## TO DO LIST:

✓ **CONGRATS!:** **Melanie Sheets** (Premie Shower), **Daisy Butrym** (*little man* DVD) & **Seattle Parents of Premies** (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:

November 4-6, 2016 *Premie Parent Alliance* - <http://www.premieparentalliance.org>

November 4, 2016: *Story Book Gala*

<http://www.littlewarriorprincesses.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:

### *Preemie*

**Preemie (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

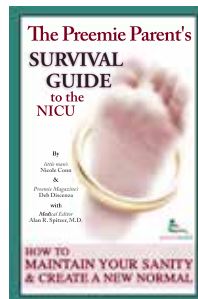
*Late Preterm:* 35 weeks - 38 weeks

*Very Premature:* 30 weeks - 34 weeks

*Extremely Premature:* 26 weeks - 29 weeks

*Micro-Premie:* Less than 26 weeks

This excerpt is from  
*The Preemie Parent's Guide  
to Survival in the NICU*  
on sale at  
[www.premieworld.com](http://www.premieworld.com)



## SUPPORT:

### *Premature Baby & Family*



With a mission to raise awareness of premature birth in Europe and Africa, **Premature Baby & Family**, based in Belgium, has a strong focus on supporting families across various regions with a particular interest in helping African families.

**Established:** April 2015

**Outreach:** Belgium, Europe, and Africa

**Web:** Facebook - PBF Premature Baby Fund

**Programs:** In Belgium - supporting families of preterm infants nationwide. In Europe, collaborating with the European Federation for the Care of Newborn Infants (EFCNI) to address topics in regards to preterm birth and newborn and maternal health. In Africa, providing maternal health education along with supplies and equipment.

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

LIKE US HERE:



<http://bit.ly/FBPreemie>

"Like" our FB page from **11/1/16 to 11/22/16** 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:

### Little Lotus Baby Swaddle



by Little Lotus Baby  
[www.LittleLotusBaby.com](http://www.LittleLotusBaby.com)

Swaddling newborns is a custom as old as time itself. Yet the swaddling blanket by **Little Lotus Baby** has improved upon the common blanket in a way that will make NICU parents and professionals sit up and take notice. Consider these amazing features:

- NASA-inspired fabric to keep your baby at the perfect temperature so they can rest better.
- Adjustable shoulder straps for a snug fit.
- Two zippers. One for keeping the swaddle set and another for easy diaper change access.
- “Wings” for adjusting snugness.
- Made of premium cotton.
- Donation of Embrace Infant Warmer to a developing country.



WIN THIS ITEM!

Follow us on Twitter by 11/22/16 to enter: <http://bit.ly/PreemieTweets>



## AFTER THE NICU:

### Emotional Preemie Triggers

Maybe it is the sounds of an urgent alarm that sets you off? Or maybe it is a truck backing up with the *beep beep beep* noise? Or even the alarm of the french fry cooker going off that sets your teeth on edge? The smell of hand sanitizer? The smell of hospital soap?

Whatever it is, you are not alone. Parents worldwide have flashbacks to the NICU at numerous points during their lifetime, even years and decades out. These emotions are, oddly enough, normal. But what is not normal is to bottle up those emotions and push them aside while you focus on your preemie's needs. You need self-care too. If you are finding that daily life seems “stuck” please reach out to a therapist immediately. You will be glad you did.

### SHARE YOUR TIPS:

What are your emotional preemie triggers?

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

## PREEMIE FAMILY ONLINE

### PREEMIE SUPPORT FORUM ON INSPIRE.COM

Connect with almost 31,000 parents of preemies for FREE at <http://www.inspire.com/groups/preemie> for the **Preemie Support Forum**. It is the largest and most active forum online, moderated by our own **Deb Discenza**.

*In the NICU/PICU:* Need Advice

*Preemie Hope:* Positive Outcomes with Grade IV/IVH

*Open Discussion:* When is Too Much Officially Too Much?

*Preemie Hope:* Oliver Turns ONE Tomorrow!

*At School (Years 1-5):* Anyone Out There Still Scarred From Their Time in the NICU?

### @PREEMIEWORLD @TWITTER.COM

**STUDY:** Even Incomplete Steroid Treatment Helps Premies

### PREEMIEWORLD AT FACEBOOK.COM

**SAD:** RSV Rates increased in 2014-15 Season After AAP restricts Guidelines

### PREEMIEWORLD'S GROUP ON LINKEDIN

**OPINION:** When Babies Need Donated Breast Milk, Should States Pay?

**READ, SUPPORT, SHARE:** A Call to Action for #preemiehealth

## GET SOCIAL WITH US!



premieworld

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

November's product is **Pampers Diapers** as they just released the new **P-3 Premie Diaper**. Learn more at [www.pampers.com](http://www.pampers.com)

**Pampers will be donating 12 cases of Pampers Diapers to ONE lucky NICU!**

We will select one NICU from our "Premie Family for Professionals" list by **11/22/16** at [www.bit.ly/PremieFam4Pros](http://www.bit.ly/PremieFam4Pros)

*Easy Way to Pay it Forward: Pampers partners with our friends at Graham's Foundation. Got Pampers Points? Donate them: <http://premie.us/GFPampers>*

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



**Pampers**