



# Preemie Family



## PREEMIE LIFE

### *Julian Everets Nixon, II*



Photo Credit: Family Photo

**Gestational Age at Birth:**  
26 1/2 weeks

**Birth Weight:**  
1 lb. 6 oz.

**Days in the NICU:**  
18 Days

**Proudest Moment:**  
*Shante (Mom):* The first time I could touch his hand.

*Julian (Dad):* When JU2 pottied on the nurse when she bound his hands. ;-)

#### SEE MORE:

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

#### PARENT TIP:

*Be positive.*

*Do not let anyone speak negatively about your child. Realistic, yes. Negative, no.*

## ADVOCATE: Handwashing Awareness

December 4-10, 2016 is **National Handwashing Awareness Week**. Have a baby in the NICU or at home on lockdown? The tools from our friends at Henry the Hand are perfect for parents and professionals alike in the hospital, at home and in the community. Learn more at the Henry the Hand website at: <http://www.henrythehand.com>

## PREEMIE FREEBIE: Holidays with Premies

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 *Holidays with Premies*. "Holidays are really tough for preemie families," comments **Deb Disenza, Founder of PremieWorld**. "Whether they are in the NICU or at home on lockdown it is important to help them

find ways to celebrate the season - Premie Style! May our families across the globe celebrate with peace."

**DOWNLOAD IT:**

<http://bit.ly/PremieHolidays>

**MORE FREEBIES:**

<http://bit.ly/PremieFreebies>

## TO DO LIST:

✓ **CONGRATS!** **Fran Ferrari** of OUHSC (Premie Shower), **Ashley Hernandez** (*little man* DVD) & **Lee Rud** (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:**  
December 1, 2016 *Support for Infant Loss*  
<http://www.PremiesToday.com>

December 8, 2016: *Monthly Premie Playgroup*  
<http://www.PremiesToday.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

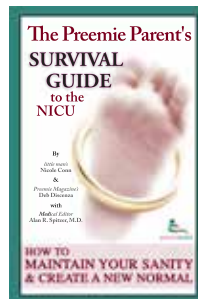
*Late Preterm:* 35 weeks - 38 weeks

*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:

### *Seattle Parents of Premies*



After the birth of her 30-weeker twins SPP head **Arlene Smith** struggled with the emotional and residual aspects of the NICU journey. Together with other like-minded preemie parent leaders came **Seattle Parents of Premies**.

**Established:** April 2013

**Outreach:** Regional Seattle Area (to Puget Sound)

**Web:** [www.seattlepreemies.com](http://www.seattlepreemies.com)

**FB:** [www.facebook.com/seattleparentsofpreemies](http://www.facebook.com/seattleparentsofpreemies)

**Programs:** Support provided through in-person meetings and online; hosts speakers who talk with parents about preemie-relevant topics; advocates as the voice representing preemie families in the Seattle regional community.

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

LIKE US HERE:



<http://bit.ly/FBPreemie>

"Like" our FB page from **11/29/16 to 12/20/16** 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:



### *Book: Beyond the Laces*

by Bob Salomon & Rick Young  
& Illustrated by Ken Jones  
[www.BeyondtheLaces.com](http://www.BeyondtheLaces.com)

This book is one that should be read by every parent at bedside in the NICU and at home. The story may be football focused but its message is one that every family can relate to 100%. *Never give up.*

Centering on one family whose son has an ailment that requires him to work harder to get better, it reminds us that inspiration is in various forms around us to push harder, to never give up. For this boy it is his favorite football player, number 87 who through kindness inspires all. Consider gifting this book to a family this season.



*Bonus: a portion of the proceeds of all book sales will be donated to Children's Hospital of Philadelphia.*

WIN THIS ITEM!

Follow us on Twitter by 12/20/16 to enter: <http://bit.ly/PremieTweets>



## AFTER THE NICU:

### *Holidays are the Hardest*

Many would think that the holiday season would be a time to let go of the NICU days and relax and celebrate family.

Unfortunately that is harder than one would think. With the holidays approaching we parents reflect on the past year or years. We remember the trauma of the NICU and the unending stress of trying to juggle life alongside the hospitalization. And for many in our community, we are remembering an infant that has passed away either in the NICU or post-NICU.

Let the tears out and let it all out. Grieving is part of the healing process. If you find you are "stuck" please consider speaking to a therapist.

### SHARE YOUR TIPS:

What [#preemiefeelings](#) linger for you?

Use the hash tag [#preemiefeelings](#)

## PREEMIE FAMILY ONLINE

### PREEMIE SUPPORT FORUM ON INSPIRE.COM

Connect with almost 32,000 parents of preemies for FREE at <http://preemie.inspire.com> for the **Premie Support Forum**. It is the largest and most active forum online, moderated by our own **Deb Discenza**.

*In the NICU/PICU:* 72 Days and Still 100% Oxygen

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

*Premie Tips:* My Hero (Premie)

*Premie Hope:* If You're Having One of Those Days

*Premies with CP:* Clenched Fist - CP?

### @PREEMIEWORLD @TWITTER.COM

**COOL:** Peek-A-Boo ICU Has a FREE Parent App!

### PREEMIEWORLD AT FACEBOOK.COM

**REPORT:** U.S. Premature Births Rise for 1st Time in 8 years

### PREEMIEWORLD'S GROUP ON LINKEDIN

**NEW:** Infants Should Share Parents' Room to Help Prevent SIDS

**STUDY:** Nurses' 'Scrubs' Pick Up Bad Hospital Germs

## 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.

December is a **Special Holiday Shower** from PremieWorld!

**PremieWorld will be providing ONE NICU with:**  
**5 Kangaroo Zaks,**  
**12 Copies of Go Premies!.,**  
**12 Copies of Once Upon a Premie**  
**and 12 Copies of From Hope to Joy.**

We will select one NICU from our "Premie Family for Professionals" list by **12/20/16** at [www.bit.ly/PremieFam4Pros](http://www.bit.ly/PremieFam4Pros)

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

