



Preemie POWER

Parent

Preemie Life

Ava Elizabeth Moore



Photo Credit: Rhonda Gobel

Parent Tip:

There isn't a right or wrong to handle the NICU experience. It is impossible to be everything to everyone. Be gentle with yourself.

Gestational Age: 30 weeks

Weight: 2 lbs. 14 oz.

Length: 16"

Days in the NICU: 50 days

Proudest Moment in the NICU: Mourning my father's recent passing, I walked into the NICU and the nurse put Ava into my shirt front. One of my worst days had become one of my very best and full of hope.

*Interested in telling us your story?
connect@preemieworld.com*

Preemie Advocate: Bill of Rights

We are excited to partner with the Foundation for Premature Infants (www.foundationforprematureinfants.org) which focuses on all premature infants being cared for in a developmentally supportive manner in the NICU. Download the "Premature Infant Bill of Rights" at: <http://bit.ly/preemiebillofrights>

To Do List



Go to www.PremieWorld.com and sign up for preemie parent and preemie professional newsletters and the News & Updates list.



Download FREE tools from www.PremieWorld.com and pass them onto other NICU parents as a way to help them, too.



Sign the Preemie Petition to help save preemies from RSV: www.PetitionSpot.com/petitions/preemies



MARK YOUR CALENDAR!

March 7, 2012
Parents of Premies Day
www.facebook.com/parentsofpreemiesday

March 24, 2012
Premie Prints Music Festival Texas
www.PremiePrints.blogspot.com

April 12, 2012
The Power to Grow
Atlanta, GA
<http://bit.ly/powertogrow>

*Tools and Resources
for the Preemie Community*

Free Tools and Resources: PreemieWorld

www.PremieWorld.com has launched its web community with a full set of free tools for parents of preemies to use as they navigate the challenges of the NICU and bring their babies home and beyond. Check it out here: <http://bit.ly/preemiefreebies> "Our goal is to make these tools accessible to parents and professionals to download, print and distribute

these items to use for themselves and to pass onto others in need," says PreemieWorld Co-Founder Deb Discenza. "It is our goal to give preemie parents an edge on the chaos of the NICU and everyday life after the homecoming. All that we are doing benefits the parents and ultimately that fragile preemie. They are the tools I myself craved in and out of the NICU."

Preemie Terms: NICU

Neonatal Intensive Care Unit (NICU) (aka Special Care Baby Unit/SCBU):

Area of the hospital in which your Preemie will be staying until Discharge Day. Levels of care are distinguished by specialty. All hospitals have variations on their NICU classifications, but generally they fall in one of three "level" categories:



Mom & Baby in the NICU

Level I: Support fairly uncomplicated late pre-term births from 35 weeks and up.

Level II: Support births from 32 weeks up and do not require high maintenance care. This hospital will usually have a neonatologist on staff and a nursery devoted to NICU infants.

Level III: Supports full-on NICU with neonatologists, neonatal nurses, and respiratory therapists. Handles the most severe cases of prematurity and those that may require surgery.

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

Preemie Support:



Supporting Parents of Premies
www.GrahamsFoundation.org

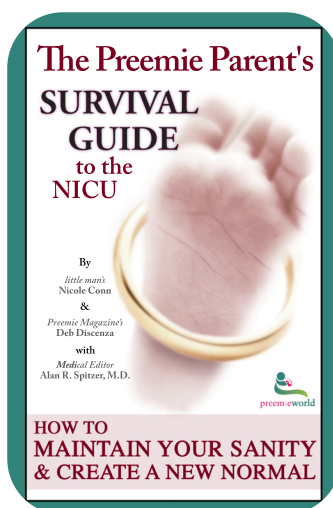
Parents of micro-preemies can receive a *free* care package of goodies such as gift cards, preemie clothes, disposable cameras and more thanks to the generosity of Graham's Foundation.

The organization, founded by Jennifer and Nick Hall in 2009 in memory of their son, Graham's Foundation currently delivers care packages to more than 264 hospitals nationwide.

Have a request or want to have your NICU receive packages? Go to: www.grahamsfoundation.org

Have a support group you want to share? Contact us! connect@preemieworld.com

PreemieWorld Releases Innovative Preemie Parent Book



Conn and Discenza's book is available at www.PreemieWorld.com

Having been preemie parents themselves, *little man* Director/Producer Nicole Conn and *Preemie Magazine* Founder Deb Discenza know in depth the stress of having a baby in the NICU. Both moms felt there a void in the preemie parent world and so *The Preemie Parent's Survival Guide to the NICU* was developed and is available at www.PreemieWorld.com. Packed with information, the book provides must-have details in a unique manner along with questions to ask doctors, tips for parents regarding resources and more. "This is the book we would have wanted in the NICU," notes Discenza, whose 30-weeker stayed in the NICU 1.5 months and came home on medical equipment.

Parents & Professionals:
Subscribe to our FREE newsletters today @ www.PreemieWorld.com

Preemie Genius!

The Details:

Name: The Kangaroo Zak

Users: Mothers & Fathers in the NICU

Rating: ★★★★★

By: Nurtured by Design, Inc. (www.NbyD.co)



Photo Credit: Nurtured By Design, Inc.

The Genius:

Inspired by kangaroo'ing her micro-preemie in 2001, Yamile Jackson, PhD became certified in Kangaroo Care and designed the Kangaroo Zak.

The Kangaroo Zak® is the standard of Kangaroo Care in many hospitals globally. It is ergonomically designed to maximize safety, comfort, and duration of Kangaroo Care sessions in the NICU and L&D.

The Deal: Worldwide, families of hospitalized babies may receive one Zaky (\$159.99) as a gift On Behalf Of Zachary (OBOZ) with the purchase of a "bundle". For Information visit <http://goo.gl/JUzeO>

preemie POWER

It is always exciting to see a preemie's hard-won achievement. Let the bragging begin now!

"Last winter we took Katelyn snow skiing and she was a champ!!! Our daughter, who started out life at a mere 15.5 oz and given a 5% chance to live was snow skiing . . . successfully! She was a natural and laughed and laughed all the way down the bunny hill every single time. We had to tell her it was time to quit." - **Ashley Hall, Mom to Katelyn, former 25-weeker at 15.5 oz., now 8 years old.**

Have a proud moment? Off the vent, sitting up at last? Send it into us at connect@preemieworld.com

Preemie Support Online

On the Preemie Support Forum on INSPIRE:

Want to connect with over 11,000 other parents of preemies online? Check out the www.Inspire.com Preemie Support forum. The largest and most active forum online and moderated by PreemieWorld's own Deb Discenza, the Inspire Preemie forum has "rooms" that range from "In the NICU" to "Going Home and Family" to "Growing Up and Education" and more. Here are a few of the topics we have seen online lately:

"Concerned About My Preemies' Development"

"Major Feeding Issue & Reflux"

"Coming Home Tomorrow . . ."

On PreemieWorld's Facebook Page:

"15 May is Kangaroo Care Awareness Day"

On PreemieWorld's Twitter Page:

"LIKE IT on FaceBook: The first EVER Parents of Preemies Day -

www.facebook.com/parentsofpreemiesday

On PreemieWorld's LinkedIN Group:

"IMPORTANT- Please Share this: Survey for Parents of 32-35 weekers Who Got RSV -

www.zoomerang.com/survey/WEB22EULGFEQ"

Get "Social" With Us!



www.PremieWorld.com
www.LittleManTheMovie.com



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Check out other LinkedIN groups we moderate:

- NICU Professionals
- Early Intervention Professionals
- Premie Parent Support Group Leaders
- Premie Parents
- Little Man the Movie


Tools and Resources for the Premie Community




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




www.nurturedbydesign.com



“Little man” is every preemie parent’s story



www.littlemanthemovie.com



Preemie Tags
Honor the Journey




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

Preemie THANK YOU!

Giving a Premie A Chance At Life

Patrice and Maurice Barnes were doubly blessed with the birth of their twins Victor Omari and Clarence Joseph (CJ) who were born at 36 weeks. However at 10 days old, CJ needed emergency surgery on his intestines for Necrotizing Enterocolitis. Enter **Paul Parker, MD** of **Children’s Healthcare of Atlanta**.

“Dr. Parker and his team that includes **Nurse Middleton** and **Gayathri Tenjarla, MD** gave CJ a chance at life. We are forever grateful for their skill, their tenacity and their caring spirit.”

Professional Stats

Name: Paul M. Parker, MD
Title: Clinical Assoc Prof of Surgery
Hospital: Children’s Healthcare of Atlanta
Location: Atlanta, GA

Want to submit a professional for a thank you? Email a 50-70 word quote, the professional’s “stats” and your name, your child’s first name and details to connect@preemieworld.com