



Preemie Professional

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Chief Mrs. Yvonne Igweh LLB.B.L. MPhil (Cantab)
CEO/Founder of LittleBigSouls



Photo Credit: Little Big Souls International

Professional Tip:

Never lose hope and your commendable dedication to help impact on and save precious lives.

Organizations:

[LittleBigSouls International Charitable Foundation](#)

Years Helping Premies:

8

Focus:

Committed to advocating on the serious issue of pre-term birth and passionate about improving the care and survival rates of pre-term babies, especially those born on the African Continent where the disparity in support care and accessibility of medical care is great and needs to change – now.

Advocate: Cerebral Palsy Awareness

Many preemies in our community have Cerebral Palsy and continue to show the public their amazing capabilities despite having CP. **March, 2016 is National Cerebral Palsy Awareness Month** in the United States. Learn more, and get great knowledge, resources, and information at the **Where There's Hope** website: www.cpinfo.org

Preemie Resource: Neos are Lifesavers

PreemieWorld 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 "Neos are Lifesavers."** "Let's face it, Neonatologists save lives every day," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "I cannot imagine a bigger weight on a medical professional's shoulders

than that of saving the life of an infant. So we wanted to celebrate them in a fun and yet powerful way." Parents and professionals alike will appreciate this freebie in that it is easy to print and reproduce. **So go download it here now:** <http://bit.ly/NeoLifesavers> And **check more freebies right here:** <http://bit.ly/PreemieFreebies>

To Do List



CONGRATS: [Allison Porter](#) won our *little man* DVD and [Kathy White](#) won the "Music for Premies CD!"



LIKED US YET?: PreemieWorld is doing another PreemieWorld Facebook page contest. See page 2 of this newsletter for details!



Download PreemieWorld's **FREE tools** <http://bit.ly/PreemieFreebies> and pass them onto NICU Parents as part of your welcome packet.



MARK YOUR CALENDAR!

3rd Int'l Academy of Neonatology & Mediterranean Congress of Pediatrics
March 16-19, 2016
Lisbon, Portugal
<http://ia-neonatology.org>

Young Child Expo & Conference
April 13-15-2016
New York, NY
www.youngchildexpo.com

Have an event you want to share with our community? Contact us: connect@preemie-world.com

*Tools and Resources
for the Preemie Community*

Support:

Little Big Souls International

Fueled by the loss of her niece, Chief Mrs. Yvonne Igweh LLB.B.L MPhil (Cantab) was determined to give other pre-term babies a fighting chance.

Established: 2009

Outreach: International/Global advocating platform, operationally throughout Africa and the U.K.; Co-Founder of World Prematurity Day.

Social Media:

Web: www.littlebigsouls.com

FB: [LittleBigSoulsUKUSAFRICA](https://www.facebook.com/LittleBigSoulsUKUSAFRICA)

Twitter: [@littlebigsouls1](https://twitter.com/littlebigsouls1)

Programs: Every Breath Counts Advocacy campaign, Equipment Donation Program, Parental Support, Sponsor a Premie Program, Walk for Babies, NICU Support and Medical Conferences, and World Prematurity Events.



Org: Unspoken Grief

Founder Devan McGuinness experienced 12 miscarriages on the path to grow her family. During that time, she noticed a real void in care, support, and resources and knew firsthand how talking about loss and receiving support can help the healing process begin.

Established:

2011

Web Site:

<http://UnspokenGrief.com>

Outreach:

International

Mission:

Unspoken Grief provides a website of support for anyone touched directly (e.g. moms, dads) or indirectly (i.e.

doctors, friends, siblings) by perinatal grief due to miscarriage, stillbirth or neonatal death.

Website Resources:

- *Break Your Silence* – site visitors can submit honest feelings of the moment to share with others. The community is supportive and provides the ability for readers to click on buttons such as “Like,” “Me Too” and “Hugs.”
- *Share Your Story* – Provide your story to help “raise your voice” and share with others what you are going through.



PreemieWorld: “Like” Us On Facebook & You Could Win!



Visit PreemieWorld’s FB page at:
<http://bit.ly/FBPreemie>

**“Like” our FB page
from 3/1/16 to 3/22/16 and you
could win a copy of the award-
winning *little man* DVD from
PreemieWorld!**

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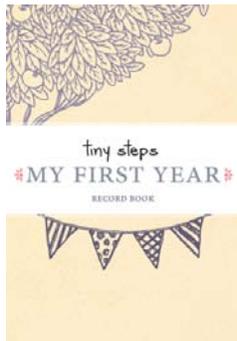
tiny steps - My First Year Record Book

The Details:

By:
Leanne Sawyer

Available at:
<http://preemie.us/lawyer>

Cost:
\$22.87 USD



Premie parents can collectively relate to the frustration of filling out mass-market baby books given to them by well-meaning family members or friends. In a nutshell, those books have *no sense of the preemie experience*. This is where *tiny steps - My First Year Record Book* is perfectly suited to the NICU family and especially to the preemie family. With easy-to-complete pages for data and inserting pictures, the book marks this event with sensitivity and respect. It even has a place for parents to express their feelings during specific moments. *Grandparents, family and friends, this is an ideal keepsake for premies and their families!*

We're giving away this book!
Follow us on Twitter by 3/22/16 to enter: <http://bit.ly/PremieTweets>

After the NICU: Early Intervention is Key

Premies, whether 23 weeks or 33 weeks, the research is clear that the earlier you identify and address delays, the better the outcome. Why?

- Your baby lost time in the womb and spent that time in an incubator or hospital crib.
- Your baby may have medical or developmental diagnoses that could affect development and the sooner these are addressed, the better he/she will do in the long-term.
- Early Intervention can give you extra needed developmental support that your pediatrician cannot.

Tell us how your preemie is doing in - #premietherapy

Premie Professional Online

NICU Professionals Group: (www.Linkedin.com)

PROMISING: Two Drugs May Help Improve IQ and Brain Development in Premies

In Light of Zika: Blood Testing for Breast milk Donations?

The Neonatal Microbiome

Early Intervention Professionals Group: (www.Linkedin.com)

Strength in Words Podcast

Born to Move Video raises important unasked questions

Premie World (www.Twitter.com):

PREEMIE UPDATE: Twins Claire & Mary

SCARY: Evidence of RSV Spread by Aerosol

BE THE SMART PRO: Tell Your Families about the "Premie Network" on Inspire.com:

Our own Deb Discenza moderates this FREE global network of **25,000+ parents** from NICU to home to school. <https://www.inspire.com/groups/preemie>

Check out these groups and more by referring to the "Get 'Social' With Us" on page 4 for more information. Have news or research to share with us? connect@preemieworld.com

Get "Social" With Us!



www.PreemieWorld.com
www.LittleMantheMovie.com



@ PreemieWorld



1. PreemieWorld
2. Preemie Parent's Survival Guide to the NICU



PreemieWorld



Check out other LinkedIN groups we moderate:

1. NICU Professionals
2. Early Intervention Professionals
3. Preemie Parent Support Group Leaders
4. Preemie Parents
5. Little Man the Movie

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Preemie Parent Words: *Parent Instinct Pays Off*

Deb Discenza *gives insight into the winding trail of getting answers developmentally and more.*

I had doctors and nurses crowing at my daughter Becky's strength and resilience in the NICU. "She's doing great," they said. *I believed them.* Even through our rollercoaster ride, Becky was strong. At discharge, the NICU OT told me, "There will be delays but she's doing well." *I believed her, too.*

But at home, as I was sifted through the paperwork and made appointments, my gut instinct told me otherwise. *Something is not right.* So I signed Becky up a monitoring through our local Health Department and the NICU's follow-up clinic. Within months the teams

now talked about ways to help with the increasing delays. But otherwise, I was told, she was doing well. *Something is not right* - this mental mantra continued inside me. Fast forward to Becky at 18 months old and qualifying for Early Intervention: it dawned on me that *I was the expert of my child.* So I spoke up, I took my daughter to specialists and therapists and more. By 12 years old we addressed developmental diagnoses from autism, to ADHD, to feeding issues, sensory issues to motor coordination issues to very mild Cerebral Palsy. She is doing well -now. *Trust your preemie parent instinct.*

What has your #preemieinstinct told you?