



Preemie Professional



PREEMIE PROFESSIONAL

Cheryl A. Milford, Ed.S
Cheryl Milford Consulting



Credit: University of Pittsburgh Medical Ctr.

PROFESSIONAL TIP:

*Be genuine,
be caring, be honest.*

Years Helping Premies:
34

Focus:
Mental health issues in the NICU and after discharge for families; mental health care of NICU professionals.

Website:
www.CherylMilford.com

Cool Facts:
Dr. Milford is active in the National Perinatal Association. And in September she was part of a panel on Postpartum Depression and PTSD in NICU Families at the National Coalition for Infant Health's annual summit.

ADVOCATE: Prematurity Awareness

November is **Prematurity Awareness Month** and **November 17** is **World Prematurity Day**. Looking to join an organization's event or fund raiser? 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:**
Free from PremieWorld at <http://bit.ly/PremieFreebies> and pass them onto Premie Parents in their welcome packets.

✓ **MARK YOUR CALENDARS:**
Premie Parent Alliance Summit
November 4-6, 2016
<http://www.premieparentalliance.org>

The Neonatal Society Autumn Meeting 2016
November 10, 2016 in London, England UK
<http://preemie.us/NeoSociety>

✓ **CONTACT US:**
Have an event to share? A pro or an organization, or product to highlight? Tell us at: connect@premieworld.com

TOOLS AND RESOURCES FOR THE PREEMIE COMMUNITY

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.

ORGANIZATION:

Eli Collins Foundation for Premature Babies

When Founder and CEO **Selena Tisdale** experienced her son's premature birth at 23 weeks and his death five months later, she knew there was a huge need for support in the form of resources and more. And so the **Eli Collins Foundation for Premature Babies** was born.

Established: 2016

Reach: State, Kingstree, S. Carolina

Website: www.elibabies.org

Programs:

Meal Vouchers: These will be accessible through local hospitals' cafeterias or food courts.

Fuel Vouchers: These will be accessible through participating merchants.

Care Packages: These will include items such as toiletries, bottled water, snacks, blankets, journals and a pen to record the journey while receiving care. The packages will be delivered to area hospitals on November 17, 2016 for National Prematurity Awareness Day.



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

PREEMIE GENIUS:

Little Lotus Baby Swaddle



by Little Lotus Baby
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/preemiegenius)

PREEMIE PROFESSIONAL ONLINE

NICU PROFESSIONALS GROUP (LINKEDIN)

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

STUDY: Even Incomplete Steroid Treatment Helps Premies

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

EARLY INTERVENTION PROFESSIONALS GROUP (LINKEDIN)

Renaming Difficult Temperament

Free Web Clinic - Picky Eaters

Toddler Gross Motor Tasks (TGMT) Checklist and Suggestions for Activities

@PREEMIEWORLD @TWITTER.COM

RESEARCH: Can Hearing Loss Increase a Woman's Chance of Having a Preemie?

OPINION: “Fed is Best” instead of “Breast is Best”

BE THE SMART PRO FOR FAMILIES

Tell your families about the **Preemie Support Forum** on Inspire.com! Our own **Deb Discenza** moderates this **FREE global network of almost 31,000 parents from NICU to adulthood**. Visit <https://www.inspire.com/groups/preemie> to learn more.

FIND OUT HOW TO JOIN THESE GROUPS

Refer to “Get Social with Us” on page 4 for more information. Share news and research with us at connect@preemieworld.com.

GET SOCIAL WITH US!



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- www.premieworld.com
- www.littlemanthemovie.com



- @PremieWorld



- www.facebook.com/PremieWorld
- [Premie Parent's Survival Guide to the NICU](#)



- www.instagram.com/premieworld



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- [Premie Parent Support Group Leaders](#)
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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

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

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**

