



premieworld
support. educate. advocate.



PREEMIE COMFORT

one issue at a time with PremieWorld

Kangaroo Care. I'll admit when my daughter was in the NICU the only way I heard about Kangaroo Care was from my former RN mother-in-law. That was almost 15 years ago, folks. And today I still support families who have never received information on it in the NICU. Research has shown that Kangaroo Care where the preemie is placed upon the mother's or father's chest in simply a diaper can have profound effects on rest, brain development, health, weight gain and more. Even preemies on ventilators have done Kangaroo Care. We need to stop separating parents from their babies because all of the medicine in the world cannot equate to what a loving parent can do for their tiny baby. - **Deb Discenza, Publisher & CEO**

NOTE: 15 May: 8th International Kangaroo Care Day

2018: Giving preemies the tools to *thrive*, not just survive.



IN THIS ISSUE:

Premie Comfort

Deb Discenza gives insight into the realities of Kangaroo Care as International Kangaroo Care Day is on its way on May 15, 2018.

Premie Genius: One of Two

Author Ali Dunn has done it again with her follow-up book *One of Two*. Every parent of twins, preemie or not, will want this one.

After the NICU: Questions for the Visiting Nurse

After the NICU can be just as complicated as in the NICU. Read more from this excerpt of Deb Discenza and Nicole Conn's book, *The Preemie Parent's Survival Guide to the NICU*.

Look for worldwide events

<https://premieworld.com/events/>



www.OnceUponaPreemie.com

TO DO LIST:

- New Section.** Check out our new section, *Giving From Your Heart*, on p. 4.
- Freebies.** Get free downloads from PremieWorld at <http://bit.ly/PremieFreebies> Have an idea for a freebie? Contact us and let us know.
- Kangaroo Care Awareness Day**
May 15, 2018; Worldwide
<http://kangaroo.care>
- 'Tinis for Preemies Toledo**
May 18, 2018, Toledo, Ohio, United States
www.GrahamsFoundation.org

CONNECT WITH US:

Have an event you want to share with our community? Visit <https://premieworld.com> or drop us a line at connect@premieworld.com!



@ www.facebook.com/PremieWorld



@ [PremieWorld](https://twitter.com/PremieWorld)



@ [PremieWorld](https://www.linkedin.com/company/premieworld)



@ www.instagram.com/premieworld

YOUR PREEMIE FREEBIE: MAMA BEAR

PremieWorld provides a number of free handouts to be used in the NICU and beyond on the "Freebies For You" page of our website. This month's freebie is a graphic about being that "Mama Bear."

Print it out as a gift to that special person in your life. Or consider posting this on your social media and tag that dear family member, friend or pro.

To download this freebie, visit <https://premieworld.com>



The best kind of Premie Mom is the one that is 'Mama Bear' - who protects her child, advocates for her child in the NICU and at home and ongoing. The best outcomes come from empowering Premie Moms.

~ Deb Discenza, PremieWorld



THIS MONTH'S TERM: BRAIN BLEED

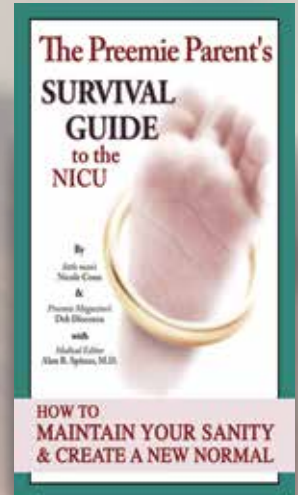


Brain Bleed (IVH or Intraventricular Hemorrhage):

The blood vessels in your baby's brain can bleed rather easily, even when the infant is moving in some cases. There are generally 4 levels of brain bleeds (from 1 to 4). Grade 4 is the most serious and can be the source of seizures, blindness and severe retardation. The doctors normally scan for brain bleeds within the first 24 hours (the most critical), then after three days, and then after one week. The chances of a brain bleed one week are dramatically decreased. Often they will do a final brain bleed check at week six.

Questions to Ask the Doctor

- What stage is the bleed?
- What can be done medically or what can I do to help at this point?
- What are the longterm outcomes for this stage of a brain bleed?
- Is there anything else I should know?



This excerpt is from The Premie Parent's Guide to Survival in the NICU, PremieWorld's widely circulated support book, on sale at <https://premieworld.com>. Get yours today!

SUPPORT: COLOURFUL BEGINNINGS

Colourful Beginnings was born when founder Ola Adegbenro gave birth to her girls, a 23-weeker and a 29-weeker. Her experience with her girls, most especially her first, motivated her to start a support group. Her goal is to help other families out there, bringing hope and letting them they are not alone.

Visit www.ColourfulBeginnings.com for more information.

Services

Colourful Beginnings creates and distributes care packages to families across the United Kingdom. And through a large social media and website following Colourful Beginnings provides shared NICU experiences of families to bring them hope and support.

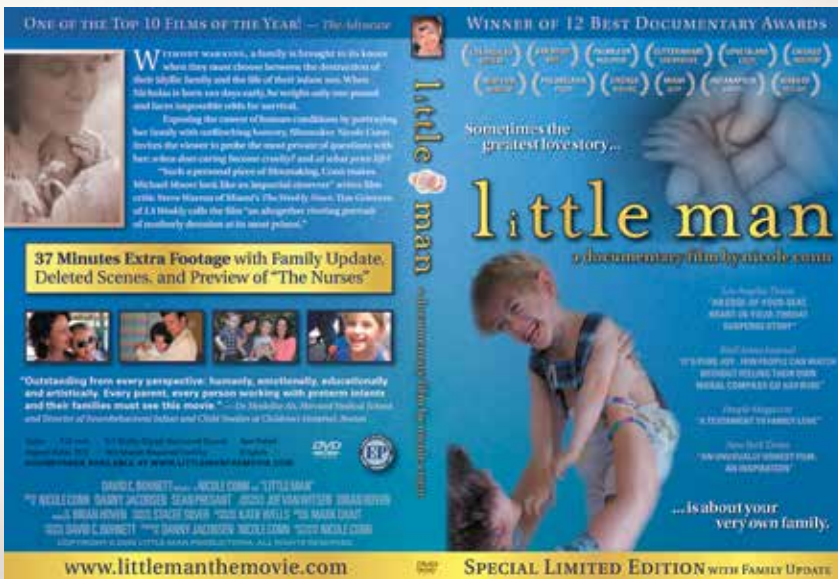


Established: 2017

Website: www.ColourfulBeginnings.com

Focus: Colourful Beginnings provides care packages to families with babies in the NICU, shares NICU experiences on social media platforms and on the website, bringing hope and support to NICU families worldwide.

Outreach: United Kingdom



"little man" is every premie parent's story



www.littlemanthemovie.com

BOOK: ONE OF TWO

Author **Ali Dunn** (*I Was A Premie Just Like You*) has come out with her second book via her publishing company, Me Two Books, ***One of Two: A Twin Story About Individuality***.

Aptly titled, the book delves into a fresh topic that numerous parents of twins are likely to confront at one point in the childrens' journey: being one's own self. With twins there is naturally a curiosity but also a misguided expectation that, identical or not, are simply entire carbon copies of each other.

In ***One of Two*** this is played out in the form of two adorable ewes that look alike but couldn't be more different. Add in a whole host of farmyard animals and you have a fun book for bedside at the NICU, at home and all the way into the preschool years. PremieWorld gives a huge thumbs up for Me Two Books hitting it out the park yet again.

“ There had never been twins on the farm before.
And telling them apart was trouble.
Looking the same from their toes to their nose,
the cows were seeing double.”

~ *One of Two*

One lucky winner will receive a copy of this book! We'll select one NEW Instagram follower prior to 4/22/18. Enter to win by following us on Instagram at www.instagram.com/premieworld.

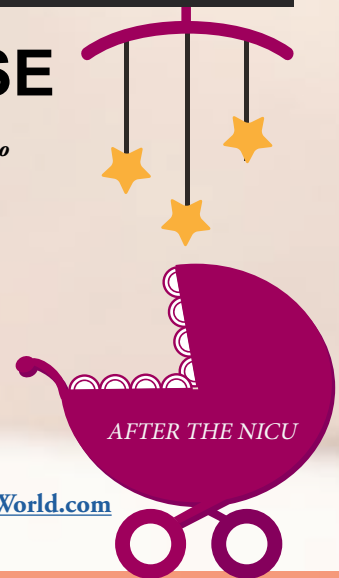
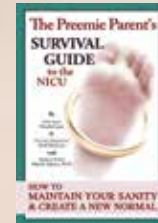


Congrats to Jessica Sprout, the winner of March's giveaway, a single subscription box of Colson & Joe goodies - www.ColsonJoe.com

QUESTIONS FOR THE VISITING NURSE

The following are some sample questions to ask the Visiting Nurse post-NICU as listed in *The Premie Parent's Survival Guide to the NICU* by Deb Discenza and Nicole Conn.

- What are the results of my baby's exam? When is the next visit?
- Am I able to schedule the visit so it does not interrupt my child's (and family's) rest time?
- Is there anything else I need to know at this time concerning my child's health?
- Can I have a report of my child's visit?



Find these questions and more in The Premie Parent's Survival Guide to the NICU, available at www.PremieWorld.com



PREEMIE FAMILY ONLINE

Inspire Premie Community:

*Parents, Grandparents, Adults
& High-Risk Pregnancies*

Help your families connect with 43,000 parents of premies worldwide! This close-knit forum is moderated by our own Deb Discenza.

The community connects families in the NICU, at home, into the school years, adult premies and women with high-risk pregnancies.

<http://premie.inspire.com>

PremieWorld on Twitter

<http://bit.ly/PremieTweets>

PremieWorld on Facebook

<http://premie.us/PremieFB>

PremieWorld on LinkedIn

<http://bit.ly/PWLinkedIN>

LOVE: PARENTS OF PREEMIES DAY

Parents of Preemies Day is powered by **Graham's Foundation** (www.GrahamsFoundation.org) an international support group that provides support to families around the world while also delivering hope in the form of special care packages for parents. Events are held around the world each year on the first Sunday in May. Check out the Parents of Preemies Day web page here: <http://grahamsfoundation.org/resources/parents-preemies-day/>

COOL: Graham's Foundation has **Tinis for Preemies** happening on 18 May 2018 in Toledo, Ohio, info here: <http://grahamsfoundation.org/events/tinis-for-preemies/>



Give From Your Heart



Does your organization have a special event focused on helping preemies? Contact Us: connect@premieworld.com

FEATURED PREEMIE PRIDE:

My son Timothy (TJ) was born at 33 weeks 6 days and spent a month in the NICU. He is 9 months (7 months adjusted) and just graduated from physical therapy (he was in for hip dysplasia). He is meeting many of his milestones on time. Our son is a fighter. - Anonymous



We welcome your submissions for this section of Preemie Pride, Preemie Angel, and Preemie Prayer at PremieWorld.com



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



www.nurturedbydesign.com

SNEAK PEEK

In next month's issue....

New Item: Giving From the Heart

There is another special program where you can make a difference in the preemie community.

Preemie Genius

We are reviewing a new book focused on a very special preemie. Don't miss it!

And More!

Have you subscribed to Preemie Family yet? It's free! <http://bit.ly/preemie1>

JOIN THE CONVERSATION

“ Always remember, you know what is best for your child! ”

~ Deb Discenza, PreemieWorld



[@PreemieWorld](#)
[@Preemie Parent's Survival Guide to the NICU](#)



[@PreemieWorld](#)



[@PreemieWorld](#)
[@NICU Professionals](#)
[@Early Intervention Professionals](#)
[@Preemie Support Group Leaders](#)
[@Preemie Parents](#)



[@PreemieWorld](#)

NICU Hope Beads

COMMEMORATE & SHARE

Your NICU journey through jewelry...

facebook.com/NICUHopeBeads | 979.635.0825

Preemie Tags

Honor the Journey

NAME: BABY DOE
DOB: 01/01/2006
WT: 500 GRAMS
GEST WEEK: 25.5