



premieworldfamily

support. educate. advocate.



FEEDING MESSAGES

recreating the PremieWorld

I stared at the breast pump by my hospital bed the next morning, hours after Becky's birth at 30 weeks. "I need to be pumping," I told my husband, Gregg. So without any training we fumbled our way through it and my husband took the small amount of yellowish liquid to the nurse for me to see if it was worth keeping. He came back with a huge smile on his face. "She is rushing it down to the NICU right now. She called it liquid gold!" My journey to "breast-feeding" was fraught with my fumbling, my advocating, my trying to figure this out mostly on my own at first. Then enter the professionals who did their part. And then my daughter showing no interest in actual feeding at the breast followed by a nurse bullying me about not breastfeeding. We need to rethink our messaging about breastfeeding and feeding overall. The guilt and shaming must stop while the supportive messages begin in the NICU. Read the Breastfeeding a Premie Survey Report here: <https://premie.us/PremieFeeding>

We have a new survey - NICU Nurses:
<https://premie.us/NICUNurses>

- Deb #celebratepreemies

IN THIS ISSUE:

Feeding Messages

Deb Disenza talks about the messages of breastfeeding in the NICU for patient families.

Premie Genius: The Career Explorer

We highlight the latest Premie Genius product that is making a difference with preemies everywhere.

Premie Support: Carter's Cause

A group that is making a difference in the field of prematurity and neonatology.

Look for worldwide events

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



www.KeytoCP.com

TO DO LIST:

✓ **PremieWorld Tags.** Tag you are it, check out page 4 for a section all about [YOU](#).

✓ **Freebies.** Get free downloads from PremieWorld at <http://bit.ly/PremieFreebies> Have an idea for a freebie? Contact us and let us know.

✓ **National Autism Conference**
 August 5-8, 2019 | University Park, PA, USA
<https://autism.outreach.psu.edu/>

✓ **Premie Cup**
 August 22, 2019 | Pensacola, Florida, USA
<https://givesacredheart.org/events/premie-cup/>

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

PREEMIE FREEBIE: "BREASTFEEDING A PREEMIE" REPORT

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 summary report of our "Breastfeeding a Premie" Survey from July. You can get it by going to the link below (and watch social media for parent quotes throughout the month):

"Breastfeeding a Premie" Survey Results:
<https://premie.us/PremieFeeding>

“Breastfeeding is more than just putting a baby to the breast. It can include pumping exclusively, it can include pumping and breastfeeding. Oh, and just trying breastfeeding is breastfeeding. We need to stop the guilt and shame.”
 ~ Deb Disenza, PremieWorld

THE REAL DEAL ON BREASTFEEDING



Excerpt:

- Breastfeeding is not as easy as it looks!
- Breastfeeding takes some training and the help of a Lactation Consultant (LC) in the NICU so don't be afraid to ask for help.
- You can run practice sessions prior to the actual breastfeeding.
- Be prepared for the LC to touch your breasts as you attempt to get the baby to latch on. It may initially seem odd, but it is normal practice.

“

Breast milk is one of the best possible medicines for your baby.

”

The Premie Parent's Survival Guide to the NICU

The Premie Parent's SURVIVAL GUIDE to the NICU

By
little man's
Nicole Conn
&
Premie Magazine's
Deb Dossena
with
Medical Editor
Alan R. Spitzer, M.D.

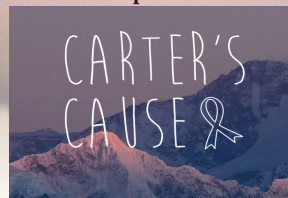
HOW TO
MAINTAIN YOUR SANITY
& CREATE A NEW NORMAL

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: CARTER'S CAUSE

With a surprise pregnancy, Dan and Justina Oldehoff were over the moon. But “On January 18th, 2019 at 23 weeks and 6 days, our world went spiraling out of control,” says Justina. “I called Dan at 11am telling him I was going to the doctor because of increased fluid.” Tests determined she was already in labor and she was rushed to the hospital and gave birth 72 hours later. “On January 21st, 2019 at 9:06 pm, our son Carter was born. He was a micro premie at 24 weeks and 2 days, weighing 1 pound 8 ounces and 12 1/4” long. The birth of our son was supposed to be an exciting and amazing moment, but Carter was born fighting for his life. Carter was so strong and fought a hard battle. After 74 hours in the NICU, he couldn't fight any longer. Carter Moore took his last breath in his dad's arms on January 24th, 2019 at 11:22pm.”

“We want to share our journey and Carter's story. We want Carter's story to live on by impacting others who are trying to navigate the difficult NICU, parents going through this unexplainable loss and friends and family who want to support.”



Year Established: 2019
Website: www.carterscause.org
Outreach: International

ONE OF THE TOP 10 FILMS OF THE YEAR! — *The Advocate*

WINNER OF 12 BEST DOCUMENTARY AWARDS

Without warning, a family is brought to its knees when they must choose between the destruction of their idyllic family and the life of their infant son. When Nicholas is born 100 days early, he weighs only one pound and faces impossible odds for survival.

Exposing the rawest of human conditions by portraying her family with unflinching honesty, filmmaker Nicole Conn invites the viewer to probe the most private of questions with her: *when does caring become cruelty?* and *at what price life?*

“Such a personal piece of filmmaking, Conn makes Michael Moore look like an impartial observer” writes film critic Steve Warren of Miami's *The Weekly News*. Tim Grierson of *LA Weekly* calls the film “an altogether riveting portrait of motherly devotion at its most primal.”

37 Minutes Extra Footage with Family Update, Deleted Scenes, and Preview of “The Nurses”

“Outstanding from every perspective: humanly, emotionally, educationally and artistically. Every parent, every person working with preterm infants and their families must see this movie.” — Dr. Heidi Lee Ab, Harvard Medical School and Director of Neurobehavioral Infant and Child Studies at Children's Hospital, Boston

Color 112 min. 5.1 Dolby Digital Surround Sound Not Rated
Aspect Ratio 16:9 Widescreen Regional Coding English
SOUNDTRACK AVAILABLE AT WWW.LITTLEMANMOVIE.COM

DAVID C. BARNETT DIRECTOR OF PHOTOGRAPHY NICOLE CONN EDITOR “LITTLE MAN”
NICOLE CONN DANNY JACOBSEN SEAN PRESANTY EXECUTIVE PRODUCERS JOE VAN WITSEN BRIAN HOVEN
PRODUCED BY BRIAN HOVEN WRITTEN BY STACEY SALTER PRODUCED BY KATIE WELLS PRODUCED BY MARK CHATT
DIRECTED BY DAVID C. BARNETT PRODUCED BY DANNY JACOBSEN NICOLE CONN PRODUCED BY NICOLE CONN
COPYRIGHT © 2009 LITTLE MAN PRODUCTIONS. ALL RIGHTS RESERVED.

...is about your very own family.

www.littlemanthemovie.com

SPECIAL LIMITED EDITION WITH FAMILY UPDATE

“little man” is every premie parent's story



www.littlemanthemovie.com

BOOK: THE CAREER EXPLORER



Why a children's book about career exploration in our community? Think again. Premies are just like every other child in wanting to dream about their chosen job in life. And the kicker, *The Career Explorer* speaks to our community directly with characters that look like our kids that are a wide spectrum of abilities. As author **Ali Dunn** puts it, the book "Features characters with hearing aids, glasses, leg braces/crutches, and feeding tubes. I want all children to see themselves in this book!"

Hosted by Mae Morer, the "Career Explorer," the reader is taken on a journey exploring different careers. Think of her as your child's friendly career counselor exploring general careers and also the ever-present STEAM Careers put forth by schools. Areas explored include:

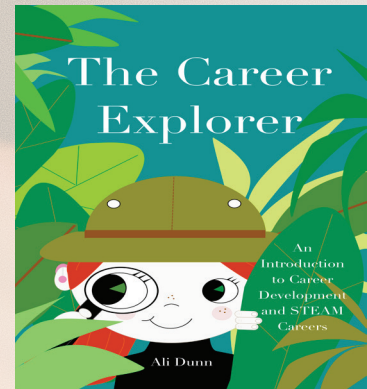
- Creative Careers
- Scientific Careers
- People-Focused Careers
- Analytical Careers

Parents, prepare to read this book a lot as its combination of colorful, friendly characters and honest career discussion is one that will make a favorite with all of your kids.

For more information visit: www.MeTwoBooks.com

ONE LUCKY Instagram winner that TAGS @PremieWorld in a post on Instagram will get a copy of this book. Ends 8/15/19.

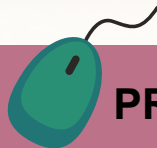
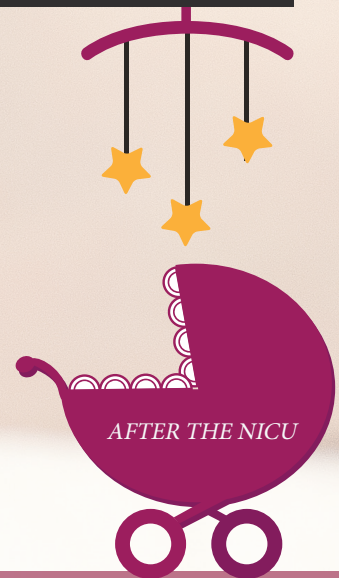
Sarah Beck won our July giveaway of NICU Milestone Cards by www.EVERYtinyTHING.com



GUILT OVER NOT BREASTFEEDING

Sure, you are surrounded by new Moms putting their baby to the breast with supposed ease and acting like it is the most natural thing in the world. Meanwhile you are either pumping like a mad woman to feed the baby or you have no milk at all. Feel guilty?

- ☑ **Remember the Struggle.** It is highly likely these parents did not have a premature baby. And even if they did, everyone's struggle is different. Own your struggle and realize it is a part of your story, your experience.
- ☑ **Mean Moms.** Have a set of Moms being mean about your not "joining the crowd?" Remember you have a unique situation and have nothing to feel guilty about here. If they are being mean, move on. They are not worth the hassle.
- ☑ **Pros Who Give Guilt.** Have a pro making inappropriate comments about your not breastfeeding? Where were they when you were struggling through the NICU and crying over not feeding your child breast milk? *They should back-off.*
- ☑ **Ultimately Feeding Happens.** Feeding happens regardless of how it happens. So know that we are all about feeding the baby in whatever way possible to get nutrition. So feed that baby and move on.



PREMIE FAMILY ONLINE

Inspire Premie Community:

Parents, Grandparents, Adults
& High-Risk Pregnancies

Help your families connect with over 46,000 parents of premies worldwide! This close-knit forum is moderated by our own **Deb Disenza**.

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

<https://premie.inspire.com>

PremieWorld on Twitter

<http://bit.ly/PremieTweets>

PremieWorld on Facebook

<http://premie.us/PremieFB>

PremieWorld on LinkedIn

<http://bit.ly/PWLinkedIN>

HIGHLIGHTING @TIMOTHY.RAMJOHN

Our latest preemie highlight: [@timothy.ramjohn](#)

Easton was born at 27 weeks at 2 lbs. 8 oz. and on 15 April. Last week he hit Day 100 in the NICU and is heading into g-tube surgery soon. Please send love and prayers to Easton and family.

"Well... today was supposed to be Easton's original due date 7.10.19. but God had other plans 3 months ago. Now holding on to this miracle we're so blessed and he's absolutely perfect. We're still in this so please keep us three in prayer for endurance and healing for Easton. Love you all!"

We Could Highlight YOUR PREEMIE

Deadline: Like, tag and include [@PremieWorld](#) in your Instagram update post by the 15th of the month.

FEATURED PREEMIE ANGEL:

Eleanor Smart:

"Not all twins walk side by side, some have wings to fly." We miss you our sweet Eleanor!!

- Andrea Smart

We welcome your submissions for this section of Premie Pride, Premie Angel, and Premie Prayer at [PremieWorld.com](#)



SNEAK PEEK

In next month's issue.....

PremieWorld Tags

Tag us and we're it! But it is really all about you, Social Media Follower! We want to share the love right back to you.

Premie Genius

We are reviewing a new item of interest to parents of preemies and pros. Don't miss it!

And More!

Have you subscribed to Premie Family yet? It's free!

<http://bit.ly/preemie1>

JOIN THE CONVERSATION

“Premie Parents, remember YOU are the expert of your child. Trust your gut.”

~ Deb Discenza, PremieWorld



[@PremieWorld](#)

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



[@PremieWorld](#)



[@PremieWorld](#)

[@NICU Professionals](#)

[@Early Intervention Professionals](#)

[@Premie Support Group Leaders](#)

[@Premie Parents](#)



[@PremieWorld](#)