



premieworld  
support. educate. advocate.



## A Year to Celebrate

*PremieWorld Expands & New Projects Ahead*

PremieWorld had an incredible 2017 with numerous opportunities to reach into the community and help families, speak to professionals at conferences and more. I look back with immense joy and incredible gratitude to our community, our family of premie parents and professionals. Without one another we would be isolated, alone and broken. We are stronger together, always.

And a heartfelt thank you goes to people in the community who took time over this last year to reach out to speak to me, call me, email me and thank me for the work I am doing on behalf of premies families. I love what I do, I love that I can have a positive impact on the lives of so many people. I am truly blessed beyond measure.

And keep an eye on this space in 2018. Many more things to come, my friends. Peace! :-)

- Deb Discenza, CEO & Publisher, PremieWorld

## IN THIS ISSUE:

### *Premie Shower*

You won't want to miss this shower - it is one of our favorites. Make sure to sign up to enter!

### *Premie Genius: 95 Days in the NICU*

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

### *Premie Support: Neo-Fight*

As the first NICU parent support organization in the United States, this group has been there for mothers of all types.

*Look for worldwide events*

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



[www.OnceUponaPremie.com](http://www.OnceUponaPremie.com)

## TO DO LIST:

- Check out our latest **Premie Shower** for one NICU on Page 4. Enter your NICU today and find out last month's winner.
- Check out the latest and greatest **Freebies4You** from PremieWorld at <http://bit.ly/PremieFreebies> - feel free to share them with others.
- Baby Premie & Me**  
December 1-2, 2017 Port Elizabeth, South Africa  
<https://www.babypremieandme.com/>
- Support for Infant Loss**  
December 7, 2017 McLean, VA, USA  
<http://www.PremiesToday.com>

## 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](mailto:connect@premieworld.com)!

 @ [www.facebook.com/PremieWorld](http://www.facebook.com/PremieWorld)

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 @ [www.instagram.com/premieworld](http://www.instagram.com/premieworld)

## PREEMIE FREEBIE: PREEMIE PEACE

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 special gift from us to you - **Premie Peace**.

We wish you and yours incredible peace in the coming holiday season, the new year and beyond. Thank you for your readership!

You can also find this freebie and more at <https://premieworld.com>

“Premie Peace is to, as a parent, a professional, bring joy and peace into the children's lives as well as your own. You have earned it.”

~ Deb Discenza, PremieWorld



# TERM: PREEMIE (aka PREMATURE BABY)

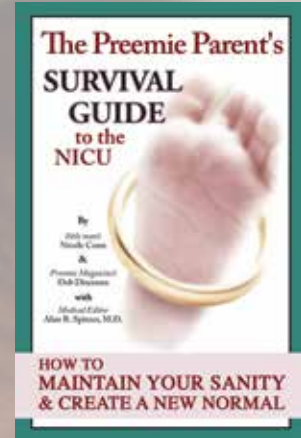


## Preemie (aka Premature Baby)

Any baby born prior to 39 weeks' gestation is deemed premature. The level of prematurity is based on gestational age at birth and falls within measured guidelines for weight. The categories are Full Term, Mild Premature, Moderate Premature, Extreme Premature and Micro-Premature (also known as Micro-Preemie).

“ I always think about the NICU as sort of like being a special member of a club. When you meet another NICU parent, it's like meeting a fellow veteran with whom you've gone through the bloody battle together. There's a wonderful shorthand to your language and they get it.

~ Deb Discenza, PremieWorld



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:



From two NICU mothers in the trenches, the very first NICU parent support group in the United States was formed.

In 1976, two mothers met in a local Indianapolis hospital where both had been hospitalized for unexpected pregnancy complications. After the premature (but healthy) births of their babies, the women stayed friends. Even more so, they continued to support each other through their children's NICU stays. They realized the value of parents supporting parents, and within a few months, Neo-Fight was formed. Garage sales, flower sales, recruiting other families, plus help from the neonatal nursery staff helped to get Neo-Fight established in Indianapolis. It was the first parent support group in the United States to have non-professionals working in the NICU supporting parents. People began to hear about Neo-Fight and wanted to get involved, and a new parent support program called "Listener Training" began. Soon after, Neo-Fight started the first ever 24-hour perinatal crisis line, which continues to this day.

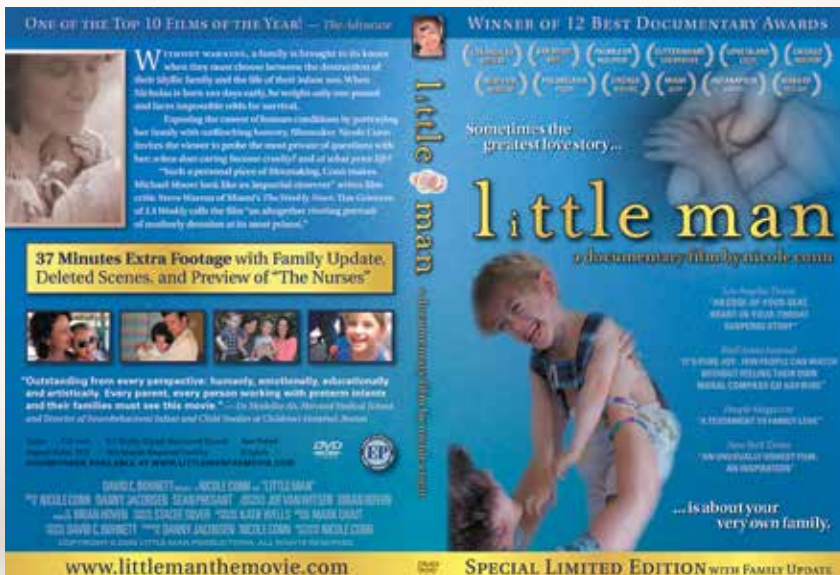
The focus of Neo-Fight is to ensure that support is available to any family who: is going through a difficult pregnancy, has lost a baby through miscarriage or stillbirth, has a premature or critically ill newborn, has delivered an infant with birth defects, or has experienced the death of a child shortly after birth.

Visit [www.NeoFight.org](http://www.NeoFight.org) for more info.

Established: 1976

Website: [www.neofight.org](http://www.neofight.org)

**Focus:** The focus of Neo-Fight is to ensure that support is available to any family who: is going through a difficult pregnancy, has lost a baby through miscarriage or stillbirth, has a premature or critically ill newborn, has delivered an infant with birth defects, or has experienced the death of a child shortly after birth.



“little man” is every preemie parent's story



[www.littlemanthemovie.com](http://www.littlemanthemovie.com)

# PREEMIE GENIUS: 95 DAYS IN THE NICU

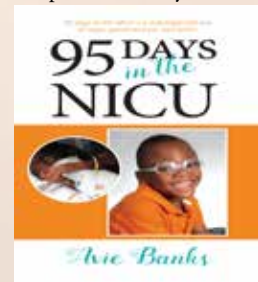
One of the hardest parts about having a preemie, beyond the sheer stress of the NICU stay and the many unknowns of the child's future, is the extreme isolation of the parents. So having a voice in the night telling you that its okay to be scared to touch your child is comforting, especially if it is done by eloquent author Avie Banks in *95 Days in the NICU*. Banks takes the reader through every day of sweet Clayton's NICU journey as a micro-preemie in a day-by-day journal entry style. The voice is relaxed, educational (but not in a preachy way) and friendly.

In short, the book makes for easy and delightful reading. Sprinkled throughout the book are some religious quotes but if anything they are a comfort. A parent reading this will feel like she has her own special preemie parent coach walking into the NICU and into the room with her. Clayton's journey is also our children's journey and we are grateful to have Mrs. Banks and the experiences of her family along for the NICU rollercoaster ride. Mom, Dad and big sister Kenya serve as a great model for how families slowly start to interact with the baby and take on more and more of the cares of the child. The last part of the book has a great section on what it is like to bring the baby home and juggle various appointments and more.

This is a perfect item for families and pros looking to help parents through the isolation of the NICU. Grandparents, family members, NICU teams, make sure this one is on your go-to list at purchase time.

*One lucky winner will receive a copy of this book! We'll select one NEW Instagram follower prior to 12/22/17. Enter to win by following us on Instagram at [www.instagram.com/premieworld](http://www.instagram.com/premieworld).*

*Congrats to [Joi of The \\$M Coterie](#), the winner of November's giveaway, a LifeNest Mattress!*

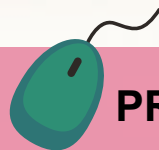
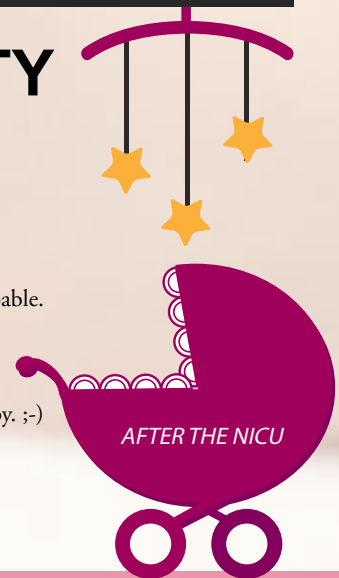


# PREEMIE PARENT HOLIDAY ANXIETY

Its cold season, its flu season. Its Respiratory Syncytial Virus (RSV) season. *Eek*. Nervous yet? Add in the holidays and endless contact with people at parties, events and appointments and a breakdown is imminent. Some tips to handle the stress:

- ✓ **Shop Online.** As tempting as those sales at the mall might be, its not worth getting your baby and yourself sick.
- ✓ **Flu Shot Prep Now.** Get the flu shots in place now. Parents, siblings, grandparents and also ask co-workers, too if doable.
- ✓ **Clean Hands = Best Present for Baby.** Send out a text a day or two prior to events to remind people to wash hands.
- ✓ **Friends and Family will Love Hand Sanitizer with Lotion .** Buy little and big bottles of it in bulk as gifts from baby. ;-)

*We have freebies related to this topic. Check out more at <https://premieworld.com> and feel free to share.*



## PREEMIE FAMILY ONLINE

*Inspire Preemie Community- Parents, Grandparents, Adults and High-Risk Moms-to-Be*

Help your families connect with over **41,000 parents of preemies** 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 preemies and women with high-risk pregnancies.

<http://preemie.inspire.com>

*PreemieWorld on Twitter*

<http://bit.ly/PreemieTweets>

*PreemieWorld on Facebook*

<http://preemie.us/PreemieFB>

*PreemieWorld on LinkedIn*

<http://bit.ly/PWLinkedIN>

# PREEMIE SHOWER



PreemieWorld continues its monthly Premie Shower! Do you know a deserving NICU in need? Each month, PremieWorld picks one NICU to receive donated items such as blankets, toys, and diapers to help brighten the days of preemie parents and the professionals who care for their children. **This month we are giving back to a deserving NICU with one dozen Snuza Pico smart wearable monitors.**

Enter, a professional from a NICU must sign up as a new subscriber on our "Premie Family for Pros" list by **12/22/17**.

Enter to win at <http://bit.ly/PremieFam4Pros>



***YAY!** We congratulate November's shower winner Bobby Belleflower, NNP. She gets 37 amazing shirts from [It's A Premie Thing](#).*

## FEATURED PREEMIE PRIDE:

### ANDERSON JAMES WALL:

AJ was born at 30 weeks weighing 2lbs 3oz. Now 9 months actual! Crawling, trying to stand up on his own, teething, and he says "hey" "yeah" and "momma"! He's my fighter!



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



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Premie Tags

Honor the Journey

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

[premieworld.com](http://premieworld.com)

## SNEAK PEEK

*In next month's issue.....*

### *New Premie Shower*

We are gearing up for a special Premie Shower for one lucky NICU. Will it be yours?

### *Premie Genius*

We are reviewing something real cool next edition. Don't miss it!

### *And More!*

Have you subscribed to *PremieFamily* yet? It's free!

<http://bit.ly/preemie1>

## JOIN THE CONVERSATION

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

~ Deb Discenza, PremieWorld



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



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