



premieworldfamily

support. educate. advocate.



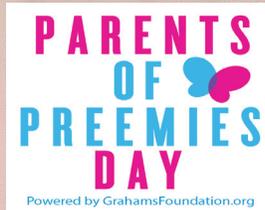
PARENT POWER

one issue at a time with PremieWorld

Parents of Premies Day. If you are in the NICU, you might not know yet that there is an actual awareness day devoted to parents of premies. Parents of Premies Day is annually on the first Sunday in May (this year is 6 May). Powered by [Graham's Foundation](http://www.grahamsfoundation.org), there are events worldwide to help celebrate those who are in the NICU now and those before them. This day recognizes the challenges parents go through not only annually but monthly, weekly and daily if not hourly with their preemie in the NICU, at home and beyond. They are tireless caregivers, giving of themselves in a way that is truly exceptional and yes, heroic.

2018:

Giving premies the tools to *thrive*,
... not just survive.



IN THIS ISSUE:

Parent Power

Deb Discenza sheds light on a very special day each May for parents - Parents of Premies Day.

Premie Genius: DREAMWISP

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

Premie Organization: Premie Association

A non-profit that is making a difference in the field of prematurity and neonatology.

Look for worldwide events

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



www.OnceUponAPremie.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.
- ✓ **Parents of Premies Day**
May 6, 2018, Worldwide
<http://www.grahamsfoundation.org>
- ✓ **International Kangaroo Care Awareness Day**
May 15, 2018, Worldwide
<https://kangaroo.care>

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!



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@ www.instagram.com/premieworld

YOUR PREEMIE FREEBIE: KANGAROO CARE AWARENESS

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 **Kangaroo Care Awareness Badge**.

International Kangaroo Care Awareness Day is May 15th. Share this on your social media channels and with your fellow preemie parents!

Get this at **Premie Freebies** at <https://premieworld.com>



Kangaroo Care in the NICU helped me feel like a real mother for the first time and that was weeks after my daughter was born at 30 weeks. From weight gain to her vitals improving, I was sold. Kangaroo Care is medicine!

~ Deb Discenza, PremieWorld





THIS MONTH'S TERM: PTSD & PPD

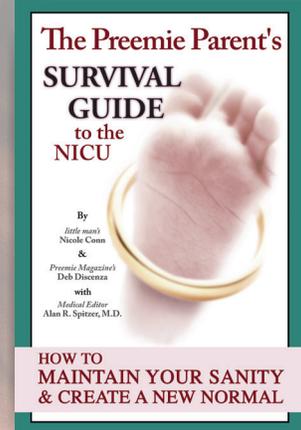
Deb's Take:

Years before Becky's birth, I had heard from another mother that the nurses and Child Protective Services (CPS) could take away your baby if you vocally said you couldn't handle taking care of him or her. That scared the daylights out of me. So when Becky was born, while I wanted to weep bedside, I held it all in and played the Smiling Mom. I didn't know that it was okay to cry. I was too terrified. I went home and bawled every night sitting in front of my computer as I looked at my daughter's pictures and played a super-dramatic movie of her that my father-in-law had made.

What Helped Me Cope:

- ✓ Pumping breast milk (did wonders for my hormones)
- ✓ Kangarooing with Becky on a regular basis
- ✓ Talking with my husband
- ✓ Talking with a professional and understanding that my emotions were normal considering the situation at hand

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: PIERCE'S PROJECT

After having 23-weeker Pierce, **Lindsay Franks** saw a distinct need for family support in her area. And so, **Pierce's Project** was born.

Website: www.PiercesProject.com
 Established: 2012
 Focus: Support before, during and after the NICU
 Outreach: Regional - Charlotte, North Carolina,



The Beginning

Pierce's Project was founded after Lindsay Franks (chair/founder) had her first son, Pierce at just 23 weeks gestation. Shortly after his birth, Lindsay noticed a need to connect new NICU families with those who had gone through this challenge before in order to provide support. Thus Pierce's Project was created. Today, the organization has a team of 11 former NICU parents serving on the Advisory Board. 100% volunteer ran, the organization is part of Novant Healthcare Foundation.

Visit www.PiercesProject.com for more info

Offerings

Pierce's Project serves families with NICU experience in the greater Charlotte, NC region at all stages in their stay (before, during and after) by providing support programming including care packages, hospital dinners, parking passes, and premie gatherings. Their newest initiative will provide professional counseling services to families with NICU experience.

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 Grlerson 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. HeidiLae 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 Region Coding English
 SOUNDTRACK AVAILABLE AT WWW.LITTLEMANMOVIE.COM

DAVID C. BOHNETT 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 EXECUTIVE PRODUCERS KATIE WELLS PRODUCED BY MARK CHATT
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 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: DREAMWISP

Nicole Brady had great inspiration from her brother with multiple disabilities. He forged ahead in life despite the odds and achieved many of his dreams. In her book, *DREAMWISP*, Brady tells the story of the uphill battle of one small boy doing just that. Every child and every adult on the planet will relate this book especially those with special needs. With wonderful illustrations that capture what dreams look like and how they can slip through one's grasp so easily, the book is hopeful but also provides realism in the form of challenge.



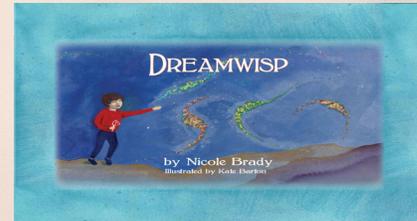
“

“Those are all dreams,” his mother kindly explained,
“They mostly fly free and are rarely contained.”
Luke looked at the wonderful dreams once again,
“I want to catch one! he exclaimed with a grin.

”

~ DREAMWISP

One lucky winner will receive a FREE, SIGNED copy of DREAMWISP! We'll select one NEW Instagram follower prior to 5/22/18. Enter to win by following us on Twitter at www.Instagram.com/PreemieWorld

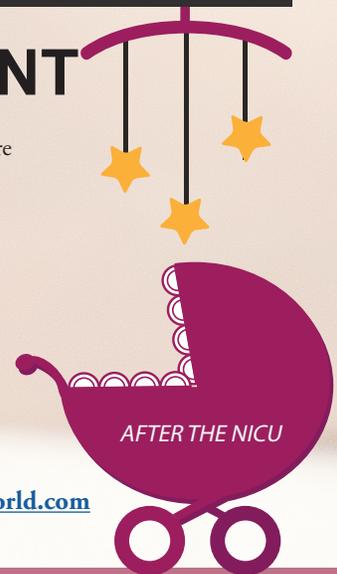
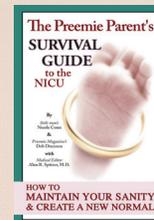


Congrats to [@projectpreemie](https://www.instagram.com/projectpreemie), the winner of April's giveaway, a copy of Ali Dunn's book *One of Two* (http://metwobooks.blogspot.com/p/about_15.html)

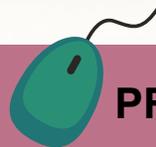
Q'S ABOUT MEDICAL EQUIPMENT

From oxygen to a trach to CPAP to feeding tubes to a monitor, preemies have no shortage of medical equipment at home. Here are some suggested questions for the professional (specialists) to ask at the next visit:

- Based on today's exam, when can we look to shedding the medical equipment?
- When it is time to wean off the equipment, how is that done?
- Are there any residual issues I should be aware of after the medical equipment is gone?
- Could you please update my child's other doctors with the results of today's exam and our discussion?



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 almost 44,000 parents of preemies 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 preemies and women with high-risk pregnancies.

<http://preemie.inspire.com>

PremieWorld on Twitter

<http://bit.ly/PremieTweets>

PremieWorld on Facebook

<http://preemie.us/PremieFB>

PremieWorld on LinkedIn

<http://bit.ly/PWLinkedIN>



KANGAROO CARE AWARENESS

Give From Your Heart

This month's **Give From Your Heart** celebrates the **8th Annual International Kangaroo Care Awareness Day** on **15 May 2018**.

And this year we are excited to announce the launch of the official **International Kangaroo Care Awareness Day** web page at <https://kangaroo.care>

On the site you will find:

- Opportunities to share your kangaroo care stories/experiences/photos and videos.
- And for NICUs and organizations to register for the ONE DAY Kangaroo Care challenge.
- In the shop you order the KMC logo free to display on social media and more.



FEATURED PREEMIE PRAYER:

I pray that you shield and protect Zaria as she grows and develops in the hospital. Wrap your arms around her and give her strength to thrive so she can come home to her family. Amen.

- 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 item of interest to parents of preemies and pros. 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



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@ [Premie Parent's Survival Guide to the NICU](https://www.facebook.com/PremieParentSurvivalGuide)



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Preemie Tags

Honor the Journey




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