



# premieworldfamily

support. educate. advocate.



## HUG AN ANGEL PARENT

*one issue at a time with PremieWorld*

**Angel Parents Need Ongoing Support.** October is Pregnancy and Infant Loss Awareness Month. Parents (yes, they are *still* parents) around the community will be recognizing their babies, born and in utero that died. Many people think that the best thing to do is to not talk about the death because it might upset the parent. Honestly, *not talking* about the child is upsetting. Ask the parent to talk about their baby. Ask them about their child and if they were able to name the baby, call the baby by his/her name. These parents are desperate to have this baby remembered and every single opportunity they can talk about him/her, they will be grateful. So hug an angel parent, ask about **Zoe**, about **Julian (JU2)**, about **Emma**, about **Graham**. This month, these are the children I choose to remember. - *Deb*



*Above: Honor a friend or colleagues preemie angel with our type-able certificate at [PremieWorld's website](https://premieworld.com).*

## IN THIS ISSUE:

### *Hug an Angel Parent*

Deb Discenza talks about the importance of continually remembering and talking about a beloved preemie angel.

### *Premie Genius: Our Only Time*

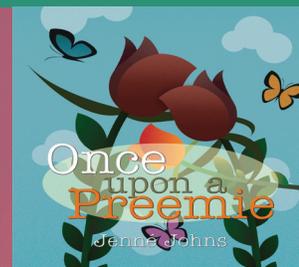
We highlight the latest Premie Genius product that is making a difference with preemies everywhere.

### *Premie Support: Court's Premie Foundation*

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

*Look for worldwide events*

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



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

## TO DO LIST:

- New - 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.
- Pregnancy & Infant Loss Awareness Month**  
October, 2018 | Worldwide  
<https://babyloss-awareness.org/>
- ADHD Awareness Month**  
October 2018 | Worldwide  
<https://www.adhdawarenessmonth.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](mailto:connect@premieworld.com)!

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

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

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

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

## PREEMIE FREEBIE: RSV CHECKLIST (FOR CRIB/INCUBATOR)

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 an **RSV Season Checklist** perfect for the incubator, crib and more.

Parents and even the NICU, PICU team and peds teams can use a reminder of hand washing, not going near the baby if they are sick and more.

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

“ Yes, it is cold/flu season. But for the preemie community it is also RSV season. We parents live in fear of our children getting RSV because it can make them very, very sick. This playful checklist is perfect for the NICU/PICU.

~ Deb Discenza, PremieWorld



# TERM: EARLY INTERVENTION



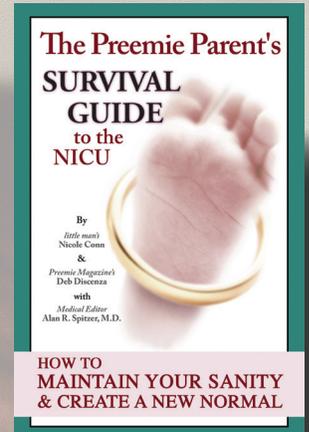
## Early Intervention:

A family-centered program, its therapists teach families how to help “exercise” their babies in order to stimulate them in terms of vision, speech, feeding, gross motor skills (walking and running), and fine motor skills (holding a crayon, self-care). While scheduling these sessions can be an overwhelming challenge, this much-needed therapy can make the difference in your baby’s quality of life. If your baby needs some help in stimulating brain development to reach those milestones, EI is a great program.

## Questions to Ask the Professional

- How is my baby doing in various skill areas for his/her gestational age vs. his/her adjusted age?
- Does my baby show any type of sensory processing issues at this time?
- What types of traditional therapy would help my child progress?
- What types of non-therapy programs (kid’s gym, swim classes) would help my child?

*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!*



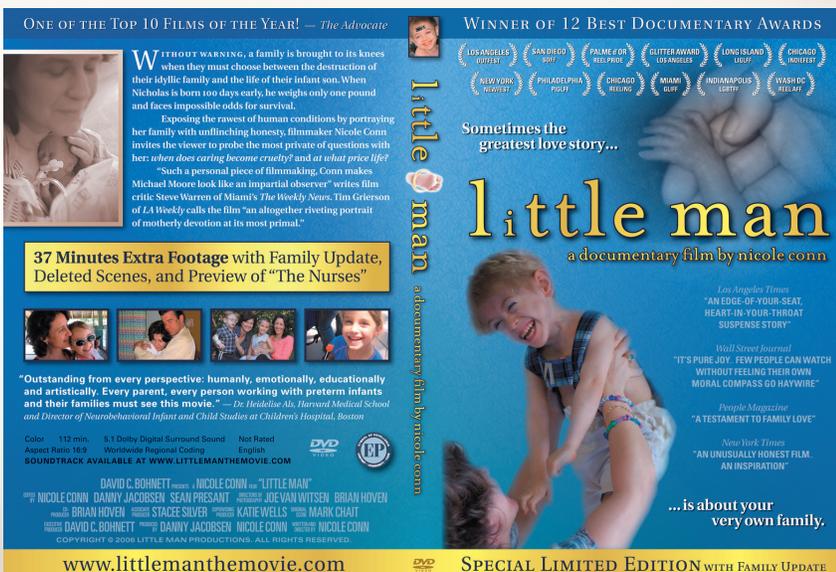
# SUPPORT: COURT’S PREMIE FOUNDATION

Founded in June of 2017, **Court’s Premie Foundation** is a non-profit organization based out of Columbus, Ohio. Working as an employee at Toys R Us/Babies R Us, **Courtney Smallwood** recognized the struggles many families had finding items for their unexpected babies(s). “Many families claimed the items that were hardest to find were ones for premature babies and my mother always told stories about having difficulty to find items appropriate for me when I was born early,” notes Courtney. As a result, Courtney, with the help of her mother, **Stephanie** (co-founder), started to build Court’s Premie Foundation.

In addition to providing families with basic necessities, Court’s Premie Foundation also now strives to educate families on infant mortality and safe sleep in order to ensure individuals can keep their babies as healthy and safe as possible.



**Year Established:** 2017  
**Website:** <https://courtspremiefoundation.weebly.com/>  
**Outreach:** Columbus, OH



*“little man” is every premie parent’s story*



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

## BOOK: OUR ONLY TIME

*Our Only Time: Stories of Pregnancy/Infant Loss with Strategies for Health Professionals* by **Amie Lands** is an important book that is useful for both preemie families as well as preemie professionals. With incredible wisdom woven into stories by grieving mothers themselves and then the author's focus on strategies for health professionals, the book is important to read from cover to cover.

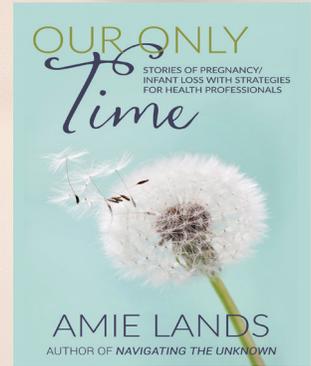
This is one book that every single OB/GYN, NICU, PICU and pediatrics staff member will want to have as required reading upon hire and again throughout their tenure at the hospital. Every professional has something to learn from this book on how to help families navigate this extremely tough time in their lives. It is well passed the time that we honored a baby's death with the same care and due diligence we would the average patient in the unit.

“All losses, no matter gestation or age of baby, are worthy of validation. Validate all losses.”

~ *Our Only Time*

*One winner will receive a FREE copy of this book.*

*We'll select one NEW Instagram follower prior to 10/22/18. Enter to win by following us on Instagram at [www.Instagram.com/PreemieWorld](http://www.Instagram.com/PreemieWorld)*

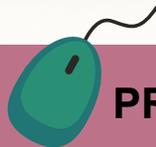


*Congrats to [Laura Gold](#) the winner of September's giveaway, a copy of [Candy Campbell's Good Things Come in Small Packages](#) ([www.CandyCampbell.com](http://www.CandyCampbell.com))*

## Q'S TO THE PEDIATRICIAN ABOUT RSV

Respiratory Syncytial Virus (RSV) strikes fear in every preemie parent in the NICU but especially at discharge time and at home. The public is largely ignorant about RSV so make sure you talk to your pediatrician as the season starts.

- Should my child be on full or partial house lock down this cold/flu/RSV season?
- How do I handle doctor's appointments during this time? I worry the waiting room is dangerous for my child.
- What are the symptoms I should watch for in terms of a cold, flu, and RSV?
- If I suspect any of these illnesses, and it is after hours, how should I handle the situation? Stay home and handle it as best I can on my own? Call your office and page you? Take my child to the nearest Emergency Room? At what point



## PREEMIE FAMILY ONLINE

### ***Inspire Preemie Community:***

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

Help your families connect almost 46,000 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>

*PreemieWorld on Twitter*

<http://bit.ly/PreemieTweets>

*PreemieWorld on Facebook*

<http://preemie.us/PreemieFB>

*PreemieWorld on LinkedIn*

<http://bit.ly/PWLinkedIN>



# PW TAGS: PREEMIE NOAH

Our latest preemie highlight amazing Noah (@tamayonah):

*Happy Neonatal Nurses Day . . . I can't ever thank enough these nurses that for 3 months were like family. Not only took care of Noah but of course in many ways took care of me. I know I wouldn't have been able to even learn the things I was taught. Or care for Noah the way they did. Thank you @jpress @deidrehopern @deedeepickles\_ and the many others that were there for my family. It takes a big heart to care for these souls!*

**We Could Highlight Your Preemie in Our Newsletters & Online!**

**Deadline:** Like, tag & include @PremieWorld in your update post by the 15th of the month.

**Who:** Premies in the NICU, Preemie Angels, Post-NICU, Children, Teens, Adults.

**Networks:** Twitter (@PremieWorld), Facebook (PremieWorld, The Preemie Parent's Survival Guide to the NICU, NICU Nurses' Day, Preemie Study), Instagram (@PremieWorld).



## FEATURED PREEMIE ANGEL:

**Royal Newson:**

*Dear Lord, Please look over my sweet baby boy. I realize Royal J. was ill and was better off in Heaven and not here suffering. Momma loves you RJ and you will always be in my heart. ~ Anonymous*



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



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



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**Preemie Tags**  
Honor the Journey




## SNEAK PEEK

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

### New Section: Preemie World 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.

### 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, PremieWorld

**f** @ [PremieWorld](https://twitter.com/PremieWorld)  
@ [Premie Parent's Survival Guide to the NICU](https://twitter.com/PremieParentSurvivalGuide)

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