



premieworld
support. educate. advocate.

PREEMIES, ALWAYS.

It doesn't end with the NICU or by age 2

With all that I have learned in my daughter's experience (Becky, 30 weeks, 2 lbs. 15.5 oz, now almost 14 years old) and by supporting families around the world, I know this: prematurity does not end at any point in life. Premies are - *preemies for life*.

Why? Because prematurity is more than a birth weight or a set of health conditions treated in the NICU. Prematurity is more than a set of milestones met by a specific time-line.

Being a preemie changes the very fabric of that child's being. Research is coming out now about premature birth creating a chemical difference in preemies' brains. I am not surprised and I imagine many of my veteran preemie parents will agree with this sentiment. But we also need to keep an eye on preemies as they go to school, grow up and yes, grow old. Because it is my belief that premature birth affects the lifespan *long-term*. Let's do right by them and increase help rather than decrease it by age two. And let's help *all preemies* and not just a specific few.

IN THIS ISSUE:

Premie Shower

We have a special preemie shower this month to celebrate preemies in the NICU with style.

Premie Genius: I was a Preemie Just Like You

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

Premie Organization: ICU Baby

A non-profit brings light, love and needed resources to NICU families.

Look for worldwide events

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



www.OnceUponaPreemie.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.
- Dancing for Premies: Gift of Life's Black Tie Gala**
September 9, 2017, Orlando, FL, USA
<http://www.thegiftoflife27.org>
- Miracle Babies Gala**
September 23, 2017, Rancho Santa Fe, CA, USA
<http://www.miraclebabies.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!



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@ www.instagram.com/premieworld

YOUR PREMIE FREEBIE: WORLD CP DAY

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 **World CP Day badge**.

As preemies are the highest risk population for Cerebral Palsy (CP), we want to recognize this awareness day prior to it starting on 6 October 2017.

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



We recognize that preemies are a large population in the Cerebral Palsy community and hope that the healthcare professionals not only help find treatments for this issue but also focus on an earlier diagnosis.

~ Deb Discenza, PremieWorld





THIS MONTH'S TERM: BRAIN BLEED

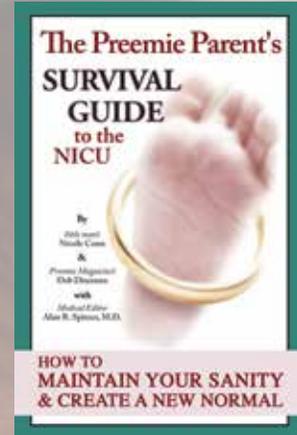
Brain Bleed (IVH or Intraventricular Hemorrhage):

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!



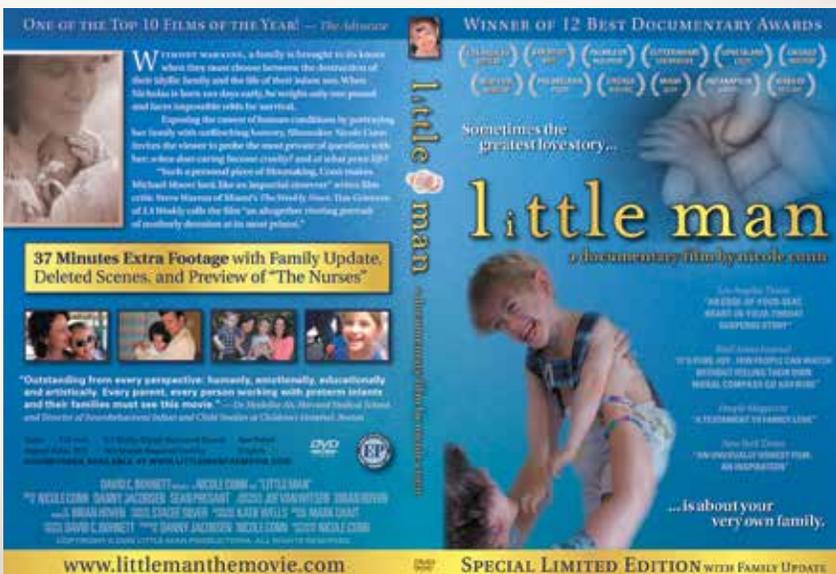
SUPPORT: ICU BABY

Elizabeth Simonton and Nichole Aldrich, both are former NICU Mothers. Elizabeth's son was born full term but with complications and needed the extra care in the NICU. Nichole's son was born at 25 weeks gestational age and passed away three days after birth. From their experiences, ICU Baby was born. Programs include:

- **Parent to Parent Support:** Parents visit the NICU and directly connect with families in the unit.
- **Supper of Support:** A catered dinner brought in from a local restaurant and served by ICU baby volunteers in a hospital conference room so families can connect.
- **NICU Pack Program:** 'Care' tote bags that are personally delivered 'bedside' to NICU parents by ICU baby volunteers. The Packs contain items like a breast milk cooler, a Baby K'tan wrap for skin-to-skin care, a NICU journal, a NICU terms sheet, a stress relief coloring book and more personalized items.
- **Transportation Assistance Program:** Provides low income families with access to their baby while admitted. ICU baby supplements costs associated with travel to-and-from the hospital for low-income families to visit their baby when they otherwise would not be able to afford to do so.



Website: www.icubaby.org
Focus: Support families that have a baby in the NICU
Outreach: South East Florida - Miami-Dade, Broward and Palm Beach Counties



"little man" is every preemie parent's story



www.littlemanthemovie.com

BOOK: I WAS A PREEMIE JUST LIKE YOU

Ali Dunn, author and former preemie herself has outdone herself with a children's book targeted straight at preemies and their families. Tackling this topic is not easy but Dunn does so with ease and understanding as well as joy. Yes, joy. She literally speaks to preemies in the book giving them permission to dream of their life outside of the NICU, of the adventures that await them in the big world outside of the hospital.

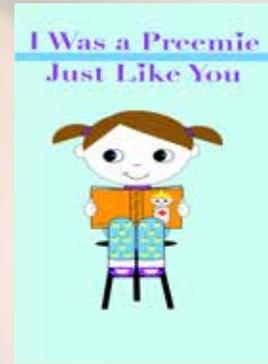
Dunn's illustrations are friendly and accessible much like the text. This book should be on the list to buy by every preemie grandparent to provide support and inspiration to the preemie family in the NICU.



“ There is a special place for babies called the N.I.C.U. I stayed there because I was a preemie, just like you. ”

~ Ali Dunn, Author

One lucky winner will receive a FREE copy of this book! We'll select one NEW Instagram follower prior to 9/22/17. Enter to win by following us on Instagram at www.instagram.com/premieworld.



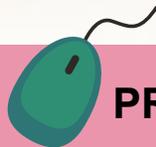
THE NEW WAY TO TRACK PROGRESS

Gone are the hand outs, the paper checklists. There is a whole new way for parents to track infant development and it is as easy as grabbing your cell phone. Baby Noggin is the parent and pediatrician's best friend with the following features:

- ✓ **Doctor Recommended.** Screening activities are recommended by the American Academy of Pediatrics.
- ✓ **Easy to Use.** Developmental tests are right in the palm of a parent's hands.
- ✓ **Communicate with the Doctor.** Parents can automatically upload tests results to the pediatrician.
- ✓ **Peace of Mind.** Help your pediatrician catch delays early - remember YOU know your baby best.



Currently available for iPhone through the iPhone App Store.



PREEMIE FAMILY ONLINE

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

Help your families connect with over 39,000 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:TUBSIES



PreemieWorld continues its monthly Premie Shower! Do you know a deserving NICU in need? Enter to win a Premie Shower for the NICU of your choice. Each month, PremieWorld picks one NICU to receive donated items such as blankets, toys, and supplies to help brighten the days of preemie parents and the professionals who treat their children.

Our friends at **Tubsies** www.Tubsies.com will be helping us provide a dozen Tubsies bodysuits to one to one lucky NICU! To enter, a professional from a NICU must sign up as a new subscriber on our "Premie Family for Pros" list by 9/22/17.

Want to win at <http://bit.ly/PremieFam4Pros> Or tell us what you'd like us to include in a future shower at [#premieshower](https://twitter.com/premieshower)

NOTE: We congratulate August's shower winner: Mitchell Stern, MD at the Maternity General Hospital NICU!

FEATURED PREEMIE PRAYER:

So strong, awesome, and doing great from the start - my 33-weeker.

~ KeyaraMarie



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



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Premie Tags

Honor the Journey




SNEAK PEEK

In next month's issue.....

New Premie Shower

We are gearing up for a new 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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in @ PremieWorld
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@ Early Intervention Professionals
@ Premie Parent Support Group
@ Leaders
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