



premiepro
support. educate. advocate.

MICHELE SHUSTERMAN

Founder & President, CP NOW



Michele & Daughter Maya, 10

Current Org: CP NOW

Website: www.cpnowfoundation.org

Years Helping Premies: 6 years

Focus: My passion is educating, supporting and empowering families who have had a child with an early brain injury or a diagnosis of cerebral palsy.

Professional Tip: Every professional should be reading this: *Early, Accurate Diagnosis & Early Intervention in CP* by Novak; Morgan; Adde et al.

IN THIS ISSUE:

Interview with Michele Shusterman

Michele Shusterman created CP NOW, a non-profit to help families get honest, solid support and empowerment.

Premie Genius: I was a Premie Just Like You

We highlight the latest Premie Genius product that is making a difference with premies 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.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> and pass them onto Premie Parents in their welcome packets.
- 17th National Neonatal Nurses Conference**
Sept. 14-16, 2017, Las Vegas, NV, USA
<http://www.academyonline.org>
- 7th International Arab Neonatal Care Conference**
Sept. 27-30, 2017, Dubai, United Arab Emirates
<http://ancc2017.info>

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

YOUR PREEMIE 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 premies 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 premies 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



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:

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

- **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.

ORG: NEO-FIGHT, INC.

In 1976 two mothers met at a local Indianapolis, Indiana hospital where they had both been hospitalized for unexpected pregnancy complications. After they each gave birth to premature (but healthy) babies, they stayed friends and supported one another ongoing. They saw the value of parents supporting one another and within a few months Neo-Fight was formed. Neo-Fight was the first parent support group in the United States to have non-professionals working in the NICU supporting parents.

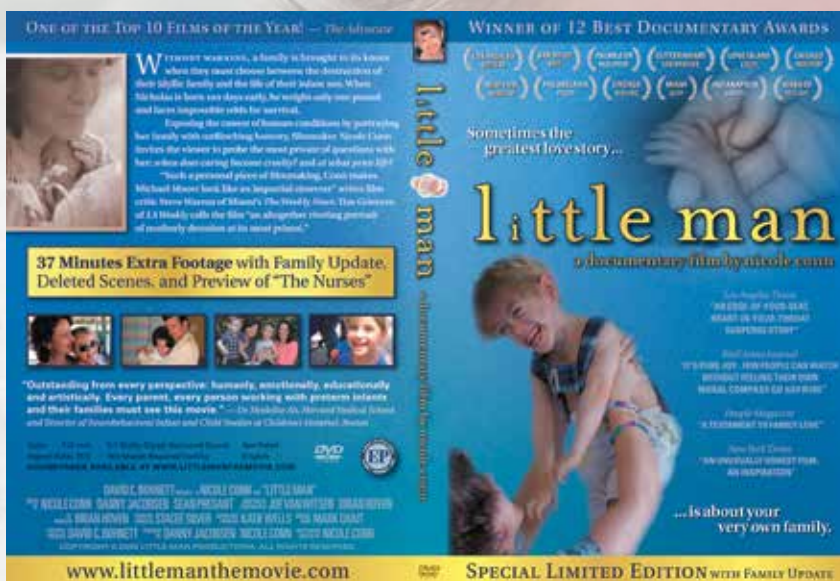
Year Established: 1976

Website: www.neofight.org

Outreach: Neo-Fight accepts emails and calls from anyone anywhere although most calls come from the United States and specifically Indiana.

Neo-Fight works with families going through a difficult pregnancy, those who have lost a baby through miscarriage or stillbirth; had 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 <http://www.neofight.org> for more info.



"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

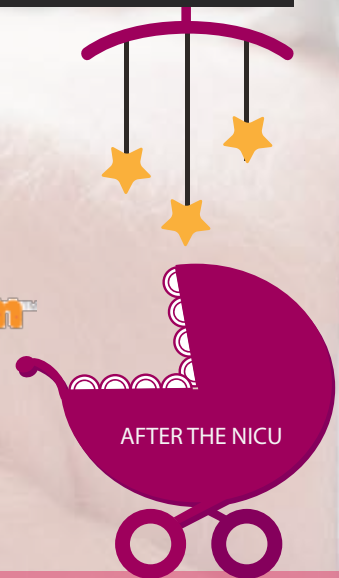


One lucky winner will receive a FREE copy of this book! We'll select one NEW Instagram follower prior to 9/22/17. Enter to win by following us on Instagram at www.instagram.com/premieworld.

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 Instagram

<http://preemie.us/PreemieInstagram>

PREEMIE SHOWER:TUBSIES



PreemieWorld continues its monthly Preemie Shower! Do you know a deserving NICU in need? Enter to win a Preemie Shower for the NICU of your choice. Each month, PreemieWorld 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 treat their children.

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

Enter to win at <http://bit.ly/PreemieFam4Pros> Or tell us what you'd like us to include in a future shower at [#preemieshower](https://twitter.com/preemieshower)

YAY! We congratulate August's shower winner: *Mitchell Stern, MD at the Plantation General Hospital NICU!*

FEATURED PREEMIE PRIDE:

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

~ KeyaraMarie



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



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www.nurturedbydesign.com

SNEAK PEEK

In next month's issue.....

New Preemie Shower

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

Preemie Genius

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

And More!

Have you subscribed to *PreemiePro* yet? It's free!
<http://bit.ly/preemie2>

JOIN THE CONVERSATION

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

~ Deb Discenza, PreemieWorld



@ www.facebook.com/PreemieWorld
@ *Preemie Parent's Survival Guide to the NICU*



@ *PreemieWorld*



@ *PreemieWorld*
@ *NICU Professionals*
@ *Early Intervention Professionals*
@ *Preemie Parent Support Group*
@ *Leaders*
@ *Preemie Parents*



@ www.instagram.com/premieworld



NICU Hope Beads

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Preemie Tags

Honor the Journey