



premiepro
support. educate. advocate.

INTERVIEW WITH DR. JIN LEE

Child Psychologist and CEO of BabyNoggin



Name: Dr. Jin Lee, Child Psychologist

Years Helping Premies: 9 years

Current Org: BabyNoggin

Focus: Dr. Jin Lee received her PhD from Oxford University where she specialized in developmental milestones for preemies and early childhood.

Professional Tip: Developmental milestones are hard to see. When in doubt, always refer to a developmental psychologist or developmental pediatrician.

IN THIS ISSUE:

Interview with Dr. Jin Lee

As a Child Psychologist, Dr. Lee sees former preemies for behavioral and developmental assessments.

Premie Genius: FloraTummys

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

Premie Organization: Samuel's Trees

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

Look for worldwide events

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



800.211.0768

www.safebabybmt.paragondsi.com

TO DO LIST:

- PremieWorld is doing another PremieWorld Facebook page contest. See page 2 of this newsletter for details!
- From PremieWorld at <http://bit.ly/PremieFreebies> and pass them onto Premie Parents in their welcome packets.
- Global Conference on Nursing & Healthcare**
June 19-21, 2017, Las Vegas, NV, USA
<http://scionline.org/nursing/>
- AWHONN 2017**
June 24-28, 2017, New Orleans, LA, USA
<http://www.awhonn.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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YOUR PREEMIE FREEBIE: PTSD AWARENESS BADGE

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 freebies are **Premie Parent PTSD Badges for Mom and Dad.**

Please make your patients affected by PTSD aware that there are featured support groups for additional assistance.

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



In solidarity with PTSD Awareness Month, we recognized the struggle that parents of preemies endure in the NICU, at home and for years to come due to PTSD. Getting help is key for your ability to help your child.

~ Deb Discenza, PremieWorld



SUPPORT: NICU ADVISORY & PARENT SUPPORT

NAPS at WakeMed, a regional hospital system based in Raleigh, North Carolina, is doing great things to help families residing in the NICU.



PROGRAMS:

Facebook Support Group

WakeMed parents have a private Facebook group. The group includes parents currently in the NICU as well as NICU graduate parents. You can ask questions and get inspired from experiences being shared. Because there are no doctors and nurses in the group, we encourage you to contact your medical team with medical questions.

Group Gatherings

There are meals offered by the NICU and The Ronald McDonald House. Times vary, so find out about these lunches in the *NICU Happenings* newsletter. Both gatherings offer a way for parents to relax, enjoy a meal, and join with other families who have a baby in the NICU. We also have a Parent Together Time at 1pm on Sundays.

Parent Partners

Our Parent Partners are eager to support you through your NICU journey. These partners are happy to share their experiences in the NICU and help you through your experiences.

Visit <http://preemie.us/WakeMedNAPS> for more info

Website: <http://preemie.us/WakeMedNAPS>
Focus: Any family that has entered the NICU for any reason.
Outreach: Raleigh, NC region for patient families at WakeMed Health & Hospitals.



ORG: SAMUEL'S TREES

During the December NICU stay of their son, Samuel, who was born with the birth defect of a Congenital Diaphragmatic Hernia, the Parkins family received a lovely holiday tree filled with notes of love and hundreds of dollars of gift cards. That incredible gesture was not lost on the family and even after enduring the crushing loss of Samuel 19 days after birth, the family decided to give back in the form of Samuel's Trees.

Year Established: 2012
Website: www.samuelstrees.com
YouTube: <https://preemie.us/samuelstress>
Outreach: Southern California with plans to reach the state of Washington and New Mexico

Programs for Preemie Families

Meet the immediate needs of life through artificial holiday trees filled with \$300 worth of gift cards and Mother's Day bouquets filled with \$150 worth of gift cards, mentor/adopt families by helping them with transportation to and from hospitals, and provide counseling and surprise food runs. Samuel's Trees is in partnership with CHLA's NICU department and social workers to take what they do to their subsidiaries.

Visit <https://samuelstrees.com> for more info

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 Glerason 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"

Los Angeles Times: "AN EDGE-OF-YOUR-SEAT, HEART-IN-YOUR-THROAT SUSPENSE STORY"

Will Street Journal: "IT'S PURE JOY. FEW PEOPLE CAN WATCH WITHOUT FEELING THEIR OWN MORAL COMPASS GO HAYWIRE"

People Magazine: "A TESTAMENT TO FAMILY LOVE"

New York Times: "AN UNUSUALLY HONEST FILM. AN INSPIRATION"

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SPECIAL LIMITED EDITION WITH FAMILY UPDATE

"little man" is every preemie parent's story



www.littlemanthemovie.com

FLORA TUMMYS PROBIOTIC SPRINKLES



Everyone can agree that feeding a preemie is a challenge. Between what to feed the baby, how to feed her and keep it down-- it is nerve-racking. With Necrotizing Enterocolitis (NEC) being an ever-present concern in the NICU, it is no wonder hospitals are starting to use and see the benefit of probiotics. With that, Flora Tummys has a probiotic sprinkle that is super-charged to protect the infant in a variety of ways. All-natural (non-dairy, gluten-free and sugar-free and free of food allergens), this product dissolves easily in liquids and requires no refrigeration.

Mixed in 3ml of breastmilk, Flora Tummys has proven to reduce occasional gas, diarrhea and constipation, boost the baby's immune system and restore friendly bacteria.

“ My initial goal was simple: to develop the highest quality probiotic for kids and to naturally help them feel better when they were sick. After about two years post FloraTummys launch, I received a call from a NICU nurse from Antelope Valley Hospital in California. She told me they were using FloraTummys for premature babies to help prevent NEC.

~ Frank Melfa, Flora Tummys



One lucky winner will receive a FREE sample of Flora Tummy Sprinkles on us! We'll select one NEW Twitter follower prior to 6/22/17. Enter to win by following us on Twitter at www.twitter.com/premieworld.

SHATTERING THE PPD & PTSD MYTHS

Many new preemie parents think that once you get through the first few months after the birth, you aren't at risk for Postpartum Depression (PPD) or even Post-Traumatic Stress Disorder (PTSD). It is time to shatter the myths:

- PPD and PTSD can occur later on even beyond the first year.
- Fathers are at high risk for both PPD and PTSD (yes, they can get PPD, too).
- PPD and PTSD is not something you work through and can shake off. *GET HELP.*
- Getting help now is key to your child's developmental outcomes. There is research behind this, so get going and *get help now.*



Struggling with PPD or PTSD? Reach out to us on social media with the hash tag #premieworld



PREMIE FAMILY ONLINE

Inspire Preemie Community- Parents, Grandparents, Adults and High-Risk Pregnancies

Help your families connect with almost 37,000 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>



IT'S A PREEMIE THING

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 diapers to help brighten the days of preemie parents and the professionals who treat their children.

Our friends at It's a Premie Thing www.ItsaPremieThing.com will be helping us provide a bunch of IAPT NICU shirts 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 6/22/17.

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

We congratulate May's shower winner: Leah Jacoby, RN at the North Shore Medical Center NICU!



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 Premie Pride, Premie Angel, and Premie Prayer at PremieWorld.com



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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 a new book focused on a very special preemie. Don't miss it!

And More!

Have you subscribed to Premie Family yet? It's free!
<http://bit.ly/preemie1>



NICU Hope Beads

COMMEMORATE & SHARE

Your NICU journey through jewelry...



[facebook.com/NICUHopeBeads](https://www.facebook.com/NICUHopeBeads) | 979.635.0825

“ Always remember, you know what is best for your child! ”
~ Deb Discenza, PremieWorld

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Premie Tags
Honor the Journey




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