



premiepro  
support. educate. advocate.



## PREEMIE COMFORT

*one issue at a time with PremieWorld*

**Kangaroo Care.** I'll admit when my daughter was in the NICU the only way I heard about Kangaroo Care was from my former RN mother-in-law. That was almost 15 years ago, folks. And today I still support families who have never received information on it in the NICU. Research has shown that Kangaroo Care where the preemie is placed upon the mother's or father's chest in simply a diaper can have profound effects on rest, brain development, health, weight gain and more. Even preemies on ventilators have done Kangaroo Care. We need to stop separating parents from their babies because all of the medicine in the world cannot equate to what a loving parent can do for their tiny baby. - **Deb Discenza, Publisher & CEO**

NOTE: 15 May: 8th International Kangaroo Care Day

2018: Giving preemies the tools to *thrive*, not just survive.



## IN THIS ISSUE:

*Look for worldwide events*

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

### ***Premie Comfort***

Deb Discenza gives insight into the realities of Kangaroo Care as International Kangaroo Care Day is on its way on May 15, 2018.

### ***Premie Genius: One of Two***

Author Ali Dunn has done it again with her follow-up book *One of Two*. Every parent of twins, preemie or not, will want this one.

### ***Premie Organization: Brady's Bridge***

See what this U.S.-based organization is doing to help support families in the early years.

## YOUR PREEMIE FREEBIE: MAMA BEAR

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 graphic about being that "Mama Bear."

Print it out as a gift to that special person in your life. Or consider posting this on your social media and tag that dear family member, friend or pro.

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

“ The best kind of Premie Mom is the one that is 'Mama Bear' - who protects her child, advocates for her child in the NICU and at home and ongoing. The best outcomes come from empowering Premie Moms.

~ Deb Discenza, PremieWorld

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

## TO DO LIST:

- ✓ **New Section.** Check out our new section, *Giving From Your Heart*, on p. 4. Have an organization event? Contact us!
- ✓ **Freebies.** Get free downloads from PremieWorld at <http://bit.ly/PremieFreebies> and pass them onto Premie Parents in their welcome packets.
- ✓ **Kangaroo Care Awareness Day**  
May 15, 2018; Worldwide  
<http://kangaroo.care>
- ✓ **'Tinis for Preemies Toledo**  
May 18, 2018, Toledo, Ohio, United States  
[www.GrahamsFoundation.org](http://www.GrahamsFoundation.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)!

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

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



# SUPPORT: COLOURFUL BEGINNINGS

**Colourful Beginnings** was born when founder **Ola Adegbenro** gave birth to her girls, a 23-weeker and a 29-weeker. Her experience with her girls, most especially her first, motivated her to start a support group. Her goal is to help other families out there, bringing hope and letting them they are not alone.

## Services

Colourful Beginnings creates and distributes care packages to families across the United Kingdom. And through a large social media and website following Colourful Beginnings provides shared NICU experiences of families to bring them hope and support.

**Established:** 2017

**Website:** [www.ColourfulBeginnings.com](http://www.ColourfulBeginnings.com)

**Focus:** Colourful Beginnings provides care packages to families with babies in the NICU, shares NICU experiences on social media platforms and the website and brings hope and support to NICU families worldwide.

**Outreach:** United Kingdom



Visit [www.ColourfulBeginnings.com](http://www.ColourfulBeginnings.com) for more information.

# ORG: BRADY'S BRIDGE

**Brady's Bridge** was begun by **Tabitha Fry** and her husband with simply a desire to provide support and resources to families of kids with special needs. The birth of their son, Brady, in 2011, opened their eyes to a new world of diagnoses, therapies, medical claims and more. It was a challenging time that only increased when Brady entered Kindergarten in 2016: there was not an after school care programs that would be able to accommodate Brady's numerous needs with a feeding tube and several diagnoses that included a seizure disorder. These programs, on average, staff 1 adult to 18 kids and they could not provide the individualized care that he required. So the Frys decided to raise money to fund their own after school care program. Their current goal is \$50,000 by the end of June 2018 so that the specialized care can start in August of 2018. Why so expensive? There is a reason the adult to child ratios were so high with other programs, they had to be able to pay their people and still cover their operational costs. So a lower ratio of adult to students is not normally feasible. That is why Brady's Bridge exists.

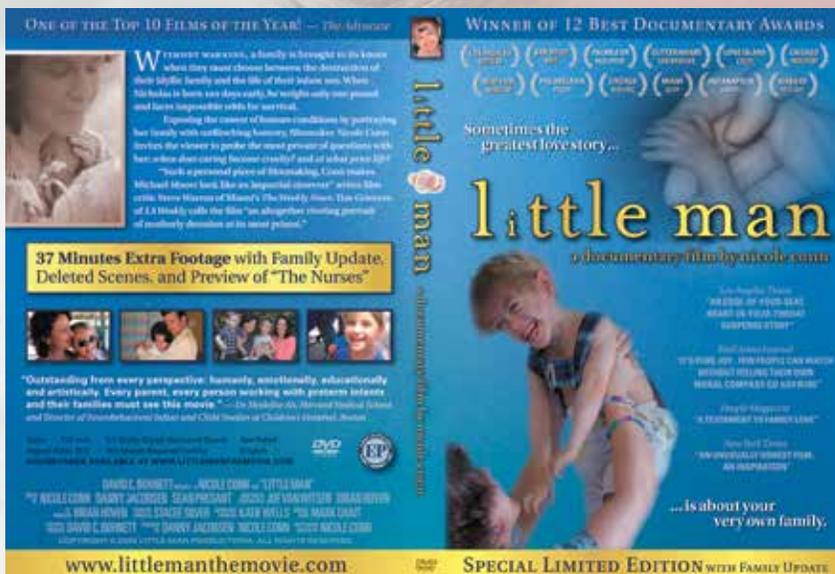
**Year Established:** 2012

**Website:** [www.BradysBridge.org](http://www.BradysBridge.org)

**Outreach:** After School Care for Kindergarten - 5th grade



Visit [www.BradysBridge.org](http://www.BradysBridge.org) for more info including a the Super Family Fund-Run on 23 June.



*"little man" is every preemie parent's story*



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

# BOOK: ONE OF TWO

Author **Ali Dunn** (*I Was A Premie Just Like You*) has come out with her second book via her publishing company, Me Two Books, ***One of Two: A Twin Story About Individuality***.

Aptly titled, the book delves into a fresh topic that numerous parents of twins are likely to confront at one point in the childrens' journey: being one's own self. With twins there is naturally a curiosity but also a misguided expectation that, identical or not, are simply entire carbon copies of each other.

In ***One of Two*** this is played out in the form of two adorable ewes that look alike but couldn't be more different. Add in a whole host of farmyard animals and you have a fun book for bedside at the NICU, at home and all the way into the preschool years. PremieWorld gives a huge thumbs up for Me Two Books hitting it out the park yet again.

“ There had never been twins on the farm before.  
And telling them apart was trouble.  
Looking the same from their toes to their nose,  
the cows were seeing double.”

~ *One of Two*

*One lucky winner will receive a copy of this book! We'll select one NEW Instagram follower prior to 4/22/18. Enter to win by following us on Instagram at [www.instagram.com/premieworld](http://www.instagram.com/premieworld).*

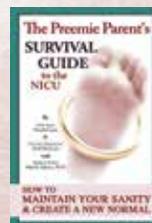


Congrats to [Jessica Sprout](#), the winner of March's giveaway, a single subscription box of Colson & Joe goodies - [www.ColsonJoe.com](http://www.ColsonJoe.com)

## QUESTIONS FOR THE VISITING NURSE

The following are some sample questions to ask the Visiting Nurse post-NICU as listed in *The Premie Parent's Survival Guide to the NICU* by Deb Disenza and Nicole Conn.

- What are the results of my baby's exam? When is the next visit?
- Am I able to schedule the visit so it does not interrupt my child's (and family's) rest time?
- Is there anything else I need to know at this time concerning my child's health?
- Can I have a report of my child's visit?



Find these questions and more in *The Premie Parent's Survival Guide to the NICU*, available at [www.PremieWorld.com](http://www.PremieWorld.com)



## PREEMIE FAMILY ONLINE

### ***Inspire Premie Community:***

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

Help your families connect with **43,000 parents of premies 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 premies and women with high-risk pregnancies.

<http://premie.inspire.com>

*PremieWorld on Twitter*

<http://bit.ly/PremieTweets>

*PremieWorld on Facebook*

<http://premie.us/PremieFB>

*PremieWorld on Instagram*

<http://premie.us/PremieInstagram>

# LOVE: PARENTS OF PREEMIES DAY

Give From Your Heart

Parents of Premies Day is powered by **Graham's Foundation** ([www.GrahamsFoundation.org](http://www.GrahamsFoundation.org)) an international support group that provides support to families around the world while also delivering hope in the form of special care packages for parents. Events are held around the world each year on the first Sunday in May. Check out the Parents of Premies Day web page here: <http://grahamsfoundation.org/resources/parents-preemies-day/>



Does your organization have a special event focused on helping preemies?  
Contact Us: [connect@premieworld.com](mailto:connect@premieworld.com)

**COOL:** Graham's Foundation has **'Tinis for Premies** happening on 18 May 2018 in Toledo, Ohio, info here: <http://grahamsfoundation.org/events/tinis-for-preemies/>



## FEATURED PREMIE PRIDE:

*My son Timothy (TJ) was born at 33 weeks 6 days and spent a month in the NICU. He is 9 months (7 months adjusted) and just graduated from physical therapy (he was in for hip dysplasia). He is meeting many of his milestones on time. Our son is a fighter.*  
- Anonymous



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



Prolonged, effective, safe, and hands-free Kangaroo Care sessions. Guaranteed.



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

**NICU Hope Beads**

COMMEMORATE & SHARE

Your NICU journey through jewelry...

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

**Premie Tags**

Honor the Journey

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

## 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 premie community.

### Premie Genius

We are reviewing a new item for the premie community. Don't miss it!

### And More!

Have you subscribed to Premie Family yet? It's free!  
<http://bit.ly/premie1>

## JOIN THE CONVERSATION

“ Always remember that parents knew their child first and they know their child best!  
~ Deb Discenza, PremieWorld ”

**f** @PremieWorld  
@Premie Parent's Survival Guide to the NICU

**t** @PremieWorld

**in** @PremieWorld  
@NICU Professionals  
@Early Intervention Professionals  
@Premie Support Group Leaders  
@Premie Parents

**ig** @PremieWorld