



premiepro
support. educate. advocate.



FEED THE BABY

one issue at a time with PremieWorld

Breastfeeding is More than Putting Your Premie to the Breast. With baby friendly certifications in hospitals across the globe, breastfeeding is being encouraged more than ever in children's hospitals. In the NICU certainly breast milk is lifesaving medicine and I encourage all mothers to simply try to provide it. ***But this is no time to bully a mother, make a mother feel guilty about not providing milk either by pump or not at all. To do so is cruel.*** Anything a mother does to attempt breastfeeding, in my mind, is breastfeeding period. ***Just trying counts. Pumping counts. Attempting to put the baby to the breast counts even if for 30 seconds.*** Let's focus on the "Just Try" method first and then consider a human-based milk fortifier if it doesn't happen. Feed the Baby! - **Deb Disenza**



Above: The Champion Provider Certificate is highlighted in this month's "Premie Freebie," below and on [PremieWorld's website.](http://premieworld.com)

IN THIS ISSUE:

Look for worldwide events

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

Feed the Baby

Deb Disenza recognizes Champion Providers during Breastfeeding Awareness Month.

Premie Genius: Navigating the Unknown

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

Premie Support: NICU Food from the Heart

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



www.OnceUponaPremie.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.
- World Breastfeeding Week** August 1-7, 2018 | Worldwide <http://worldbreastfeedingweek.org>
- Int'l Conference on Pediatric Hospital Medicine** August 29-30, 2018 | Boston, Massachusetts, USA <https://premie.us/PedHospMed>

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

PREEMIE FREEBIE: CHAMPION PROVIDER CERTIFICATE

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 **Champion Provider Certificate**.

This freebie is an important tool for Lactation Consultants and NICU Nurses to use with families during any initial session - pumping, attempting breastfeeding, etc.

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

“ In Breastfeeding Awareness Week, I recognize those unsung heroes in the NICU who are struggling to feed their preemie milk. Just trying is my anthem. Just trying makes you a Champion Provider for your preemie.

~ Deb Disenza, PremieWorld



SUPPORT: NICU FOOD FROM THE HEART



Food is a wonderful way to bring people together in good times and in bad and thanks to Co-Founder and now Manager Michelle Barry, **NICU Food from the Heart** is expanding and adding on new initiatives. Both she and her original co-Founder were “Two mums with health professional backgrounds who identified a need for support within the NICU. Because the babies are the patients, the parents receive no food from the hospital.”

Programs

Brekkie Bar. “This donation-led program provides breakfast and snack foods or supermarket gift cards that are donated on a weekly basis, enough to fill a table and shelf in the fridge,” comments Barry. “There is a community spirit of bringing NICU families ‘a touch of home comfort during their stay.’”

Dad’s Night. Notes Michelle, “This was an idea from a NICU nurse and implemented by the group. I reached out to local restaurants and now have 6 fathers who participate. Each week dads are encouraged to come to the Unit for kangaroo care with their baby/s and then come to the parent lounge room for a hot meal. It was incredibly moving to watch what initially started out as a caring gesture of providing a meal for the dads into the creation of a social setting where men can provide each other with support, share their low moments as well as the celebratory milestones being met by their babies.”

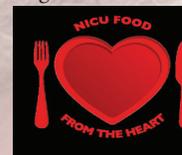
More. Barry describes the latest donation saying that “In July 2018, a local Baker’s Delight (LaneCove) offered to donate morning tea and fresh bread on a weekly basis.” Add in donations from Life’s Little Treasures Foundation in the form of care packages, sibling packs, too. The community group continues to expand ongoing adding year-round gifts for families during various holidays and observances. Upcoming is a Mindfulness Corner in the parent lounge room.

Website: <https://www.facebook.com/NICUFoodFromtheHeart2016/>

Established: 2016

Focus: To provide support to parents, carers and siblings of premature and sick babies in the NICU.

Outreach: A Sydney-based Hospital in Australia.



ORG: NOAH’S MIRACLES

When Co-Founder and President **Brittany Aldrete** had her two sons at 27 weeks weighing 2lbs each and with a 3 month stay for each, she felt incredibly alone. During her journey in the NICU, she notes, “I felt ashamed, scared, blamed myself, and felt like I was on an endless emotional roller coaster. I didn’t know at the time the available resources and programs. I wanted to create a nonprofit that provides supportive services and resource referrals to families with a baby in the NICU.” And so **Noah’s Miracles** was born.



The organization provides NICU Care Packages, emergency basic needs, travel assistance, breast pump rentals, and resource referrals. To receive assistance and apply online at <http://noahsmiracles.org/family-assistance-support/>.

Year Established: 2017

Website: www.noahsmiracles.org

Outreach: County-Wide

Location: Orange County, CA, USA

Visit www.NoahsMiracles.org for more information

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”

“Outstanding from every perspective: humanly, emotionally, educationally and artistically. Every parent, every person working with preterm infants and their families must see this movie.” — *Dr. Helaine Ab, Harvard Medical School and Director of Neurobehavioral Infant and Child Studies at Children’s Hospital, Boston*

Color 112 min. 5.1 Dolby Digital Surround Sound Not Rated
Aspect Ratio 16:9 Widescreen Regional Coding English
SOUNDTRACK AVAILABLE AT WWW.LITTLEMANMOVIE.COM

DAVID C. BOHNETT DIRECTOR OF PHOTOGRAPHY NICOLE CONN EXECUTIVE PRODUCER “LITTLE MAN”
NICOLE CONN DANNY JACOBSEN SEAN PRESANTY PRODUCED BY JOE VAN WITSEN BRIAN HOVEN
EDITED BY BRIAN HOVEN EXECUTIVE PRODUCERS KATIE WELLS MARK CHATT
EXECUTIVE PRODUCERS DAVID C. BOHNETT DANNY JACOBSEN NICOLE CONN PRODUCED BY NICOLE CONN
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www.littlemanthemovie.com

SPECIAL LIMITED EDITION WITH FAMILY UPDATE

“little man” is every preemie parent’s story



www.littlemanthemovie.com

BOOK: NAVIGATING THE UNKNOWN

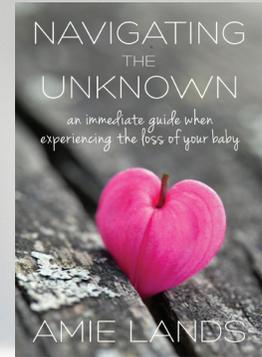
Navigating the Unknown: an Immediate Guide When Experiencing the Loss of Your Baby by author **Amie Lands** is a resource unlike any other out there for the bereaved parent community. Its supportive tone is honest and comforting in a way that only another bereaved parent could impart with great sensitivity. In this, Lands knows the pain of infant loss all too well as her beloved Ruthie Lou lived for 33 days before dying. Throughout the book, she reminds parents of the importance of time with their child, providing key tips along the way to make the very most of that time. For a parent of a preemie born still or born with a limited amount of time, the latter sections offer a wealth of education and practical tips that are important in planning and decision making. NICU and PICU social workers - this is one book you will want to have a number of copies of it on hand for your families.

“ This book has been written to serve and guide families when they receive a life-limiting diagnosis and in the days immediately following the loss of their precious baby.

”

~ *Navigating the Unknown*

One winner will receive a FREE copy of this book. We'll select one NEW Instagram follower prior to 8/22/18. Enter to win by following us on Instagram at www.Instagram.com/PreemieWorld

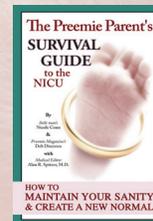


Congrats to [@imeldadelbrey](https://www.instagram.com/imeldadelbrey) the winner of July's giveaway, a copy of *Caring for Your Baby in the Neonatal Unit* (www.EarlyBabies.com)

Q'S ABOUT BREASTFEEDING

Breastfeeding in the NICU and at home is not the "natural" experience that so many mothers of preemies or even full-term babies would expect. Questions for the Lactation Consultant at the Pediatrician or in the community:

- My child was premature and I know feeding issues are a challenge. What options are there?
- I am pumping along with practicing breastfeeding. Is there anything else I should try now?
- My baby has reflux, is there anything special I should do while breastfeeding?
- If I succeed at fully breastfeeding, how will I know if my baby has continued to gain weight? I worry about that.



Find these types of questions in *The Preemie Parent's Survival Guide to the NICU*, available at www.PreemieWorld.com



PREEMIE FAMILY ONLINE

Inspire Preemie Community:

Parents, Grandparents, Adults
& High-Risk Pregnancies

Help your families connect over 45,000 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>

PW TAGS: PREEMIE JAIDEN

Our first preemie highlight is Cassandra (@mysoulhasanafro) and her preemie Jaiden:

So here is #therealstory. After doing my best managing #gestationaldiabetes for 10 weeks (I was diagnosed Dec 23 and spent Christmas in the hospital) Jaiden was 3lbs 15 oz when he was born by emergency c-section at #35weeks gestation. I went in for a routine ultrasound, learned my amniotic fluid was basically gone and Jaiden had only grown 2oz since my last ultrasound 3 weeks prior. My baby spent #14days in #NICU and they were the best and worst days of my life, but God helped us and he is such a blessing. There were days I cried all day, and I still cry someday, only now tears of joy! My #preemiebabyboy is now #4months, (#3monthsadjusted) and 14lbs. Don't be afraid of small beginnings.



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, Premie Angels, Post-NICU, Children, Teens, Adults.

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

FEATURED PREEMIE PRIDE:

AJ was born at 30 weeks weighing 2lbs 3oz. Now 9 months actual! Crawling, trying to stand up on his own, teething, and he says "hey" "yeah" and "mom-ma"! He's my fighter!

- Anonymous



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



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SNEAK PEEK

In next month's issue....

New Section: Premie World Tags

Tag us and we're it! But it is really all about you, Social Media Follower! We share the love right back to you.

Premie Genius

We are reviewing a new item of interest to parents of premies and pros. Don't miss it!

And More!

Have you subscribed to Premie 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

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Premie Tags

Honor the Journey




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