I was the “Smiling Mom” in the NICU. You know, the one that looks like she has it together? She is fully showered, is pumping like a champ and appears to be handling everything just fine? Yeah, that was me. Even as the alarms went off, as the sepsis set in, even as major feeding issues caused all sorts of havoc heading toward discharge. At home each night was a different story as I would sit at my computer watching again and again the haunting video my father-in-law made of our daughter’s first hours in the NICU set to acapella music and cry hysterically. Becky came home and I thought all was fine but the black hole slowly covered me. When Becky hit 18 months old and I learned she qualified for Early Intervention services due to global delays, my ability to sleep was completely off. It was as if I were spiraling downward in a Preemie Black Hole and struggled with what ultimately Postpartum Depression and PTSD. I spoke up, got help and got better. It turns out I was not alone in this per our latest survey report: https://preemie.us/PPDPTSDReport

We have a new survey - Preemies & Breastfeeding: https://preemie.us/BreastFeedingSurvey - Deb #celebratepreemies
“Family Support Network of Central Carolina (FSNCC) was founded in 1989 by a coalition of parents, medical professionals, and staff from community agencies serving children with special needs and their families. The organization’s mission is to provide support, education, and caring connections to those who have a child with special needs or who have experienced a NICU stay,” notes Executive Director Nancy Micca. Micca herself has a son with special needs who has greatly impacted and inspired her work within this organization.

Some of the services FSNCC provides include:

- Parent Mentors
- Parent Groups
- Sibling Groups
- Books for Babies Program
- Home Visitation Program

The future is bright for many preemies thanks to the selfless and generous work started in 2017 by then 15-year high school sophomore and Founder Benjamin Olshin in Portland, Oregon and his peers. Centered on the NICU at Randall Children’s Hospital, Olshin came into this due to family experience with the NICU. His mother is a neonatologist and his aunt was a 28-week preemie.

Olshin notes, “While volunteering in middle school at a nonprofit providing free books to low-income children, I learned about the importance of early literacy for school and social success and wondered whether this work could be extended to the NICU. I subsequently learned about research demonstrating that NICU babies, especially those cared for in single rooms, have higher rates of deficits in speech and language development. I also learned that reading, singing and talking with NICU babies appears to support these infants’ speech and language development, promote early literacy and support family bonding.”

For more information visit https://www.babieswithbooks.org/

“little man” is every preemie parent’s story

www.littlemanthemovie.com
EVERYtinyTHING: NICU MILESTONE CARDS

In recent years, special cards to celebrate the unique milestones of a NICU baby are in vogue. These are big moments for the NICU parent paparazzi set, desperate to have those special photo-worthy moments documented for baby books, for social media and for the baby-obsessed grandparent.

EVERYtinyTHING, a company to all things tiny babies has a unique set of NICU Milestone Cards that will be sure to delight parents, social media lovers and grandparents the world over. The 24-card set is full of cute, colorful graphics that are NICU friendly and gender-neutral and include messages around themes such as:

- Mom’s/Dad’s First Holding
- No More Feeding Tubes
- I’m Off the Ventilator Today
- Open Crib
- No More Phototherapy
- I’m Breathing on My Own Today
- and much much more . . .

For more information visit: www.EverytinyThing.com

ONE LUCKY Instagram winner that TAGS @PreemieWorld in a post on Instagram AND is CURRENTLY IN THE NICU, will get a free set of these cards. Ends 7/15/19.

WHEN YOU NEED HELP

Many a parent we know has worked through major trauma in the NICU only to believe that once they get the baby home they will be “fine.” Postpartum Depression and PTSD affects both parents and it can hit hard at home. Signs you need to get help:

✔️ **Withdrawing from Life.** You may not even realize that you are doing it, but slowly you pull away from everyone and everything you enjoyed in life. Even your baby.

✔️ **Flashbacks.** It isn’t just you. We all get them. Flashbacks to the beeping monitors, to your child getting really sick to the smell of the hospital soap to the doctor or nurse giving you bad news. The slightest thing can trigger bad memories.

✔️ **Sleep Deprivation on Steroids.** Not sleeping (beyond the typical deprivation of having a baby at home) even though you are beyond exhausted! You deserve rest and you won’t get it by ignoring this symptom.

✔️ **Help Yourself = Help Your Baby.** Listen up, Moms and Dads: Therapy and medication is not something to be ashamed of or to feel you are being selfish. You have a child who needs you and research shows how these conditions can actually affect a preemie’s developmental outcomes. Get to a doctor and get help. Your health, your relationships and your child depends on it.

PREEMIE FAMILY ONLINE

Inspire Preemie Community: 
Parents, Grandparents, Adults & High-Risk Pregnancies

Help your families connect with over 46,000 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.

https://preemie.inspire.com

PreemieWorld on Twitter 

PreemieWorld on Facebook 
http://preemie.us/PreemieFB

PreemieWorld on Instagram 
http://preemie.us/Preemielngram
Summer, Autumn, and Winter:

My triplets arrived unexpectedly at 28 weeks. They weighed between 2 and 3 pounds and stayed in NICU between 35 and 50 days. Multiple scares happened along the way including a heart operation at 4 months old for Summer. They are now 5 year old rambunctious girls. Their big sister, dad, and I are extremely lucky to have them here. Life with triplets is amazing!

- Bree Rowe

We could highlight your preemie!

Deadline: Like, tag and include @preemieworld in your Instagram update post by the 15th of the month.

Who: Preemies in the NICU, Preemie Angels, Post-NICU, Children, Teens, Adults.

Featured Preemie Pride:

Summer, Autumn, and Winter:

My triplets arrived unexpectedly at 28 weeks. They weighed between 2 and 3 pounds and stayed in NICU between 35 and 50 days. Multiple scares happened along the way including a heart operation at 4 months old for Summer. They are now 5 year old rambunctious girls. Their big sister, dad, and I are extremely lucky to have them here. Life with triplets is amazing! - Bree Rowe

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

Something SPECIAL is coming soon.....

“Something SPECIAL is coming soon.....” - Yamile C. Jackson, PhD, PE, PMP

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Preemie Tags

Honor the Journey

Preemie World

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

And More!

Have you subscribed to Preemie Family yet? It's free!

http://bit.ly/preemie1

Join the conversation

When you help a family bond in the NICU, it lasts a lifetime.

~ Deb Discenza, PreemieWorld

Preemie World

@ Preemie World

@ Preemie Parent's Survival Guide to the NICU

@ Preemie World

@ NICU Professionals

@ Early Intervention Professionals

@ Preemie Support Group Leaders

@ Preemie Parents

@ Preemie World

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