



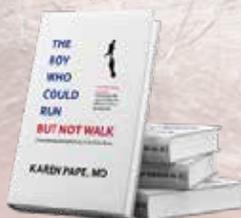
premiepro
support. educate. advocate.



PREEMIE BRAINS

one issue at a time with PremieWorld

Neuroplasticity. Just as an elderly patient can recover use of speech, movement and more in the case of stroke, so can a baby born early reach better outcomes. *This is not magic, not a supplement, not a joke.* Just as Olympians train like athletes so can a baby, a child and an adult struggling from debilitating conditions like Cerebral Palsy. It is time we gave baby brain science its due and stop telling parents that their baby is at risk for very poor outcomes based upon old data, small samples sizes and legal fine print. **Karen Pape, MD's** book, *The Boy Who Could Run But Not Walk* is a must-read for every pro, every parent.



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

- Deb Disenza, Publisher & CEO

IN THIS ISSUE:

Premie Brains

Deb Disenza gives insight into neuroplasticity, a concept surrounding the brain recovering from prematurity-related disabilities such as Cerebral Palsy. Not a cure, but it does make a huge difference.

Premie Genius: Colson & Joe Care Packages

Colson & Joe put out incredible care packages uniquely suited for NICU Mamas working on providing breast milk in the NICU.

Premie Organization: For Kids Foundation

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

Look for worldwide events

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



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.
- National Perinatal Association 39th Annual Conf** March 14-16, 2018; Loma Linda, CA, United States http://nationalperinatal.org/2018_Agenda
- The Neonatal Society Spring Meeting 2018** March 22, 2018; London, England, United Kingdom <http://premie.us/Neonatal18>

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: PREEMIE BRAINS ARE FLEXIBLE

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 Premie Brain flexibility.**

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>

“ I firmly believe preemie brains are flexible and with proper therapy children with Cerebral Palsy and other conditions can achieve more than we think. It is time to push back on old research and old assumptions and start again.

~ Deb Disenza, PremieWorld





SUPPORT: OUR LITTLE PREEMIE

Our Little Premie was born when founder Shatoya Lewis' daughter Zaria was born at 32 weeks gestation, weighing in at 3 lbs. 12 oz. and having a 31 day NICU stay. During Zaria's stay, Shatoya searched for success stories but had no luck. So she created an online community that provides parents with hope.

Services

OLP provides Letters of Hope to parents in the Neonatal Intensive Care Unit (NICU). The details include a written letter from a previous NICU Mom and their graduate and a "before" and "after" photo of the graduate as well as encouraging words to the parents.



Established: 2017
Website: <https://www.instagram.com/ourlittlepreemie>
Focus: All gestational ages - 21 weeks to 37 weeks.
Outreach: Silver Spring, Maryland, United States

Visit <https://www.instagram.com/OurLittlePremie> to join for FREE

ORG: FOR KIDS FOUNDATION

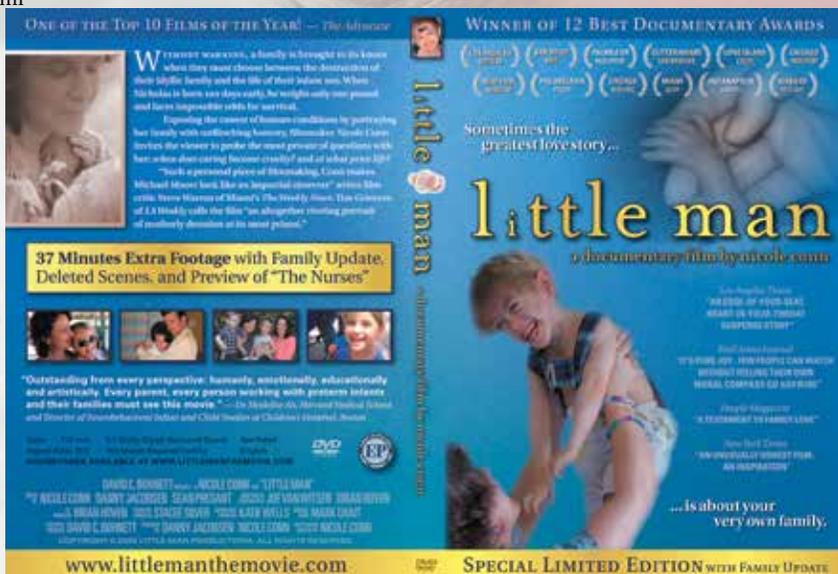
The For Kids Foundation began in 2003 and is a 501(c)(3) nonprofit organization dedicated to providing financial aid and assistance to children in Northern Nevada with specific unmet needs such as medical, dental, mental health, or educational services for which other resources are insufficient or nonexistent. For example, we have provided the funding for medical consultations, psychological counseling, prescriptions, and eye glasses. We have funded dental care, computers, summer school, and hearing tests where children did not have the means to meet any of their critical needs. It is funded by grants and individual donations.



Year Established: 2003
Website: www.forkidsfoundation.org
Outreach: Any child under 21 in Northern Nevada

Visit www.forkidsfoundation.org for more info

The Foundation serves as a safety net for children who have "fallen through the cracks" of existing agencies and charitable organizations. Through a network of community service providers and contacts, we look for those children who have a genuine need, but do not qualify for assistance from other resources. Basically, we help those kids no one else does. Click here to apply: <https://www.forkidsfoundation.org/apply.html> Click here to donate: <https://www.forkidsfoundation.org/donate.html>



"little man" is every preemie parent's story



www.littlemanthemovie.com

BREASTFEEDING CARE BOXES



One of the biggest struggles for preemie Moms is starting and keeping a strong breast milk supply for the baby until he/she can latch onto the breast. Thanks to **Colson & Joe** (www.ColsonJoe.com), a company based out of Louisiana, Moms in the NICU have no further to look than the Colson & Joe website. The company provides “Premium Lactation Subscription Boxes” that as the company notes “contain innovative products, hand picked specialty items, and vital information to ease the process and enhance the bond between mom and baby during their breastfeeding/pumping journey. Our boxes feature a mixture of organic, natural, artisan, hand crafted, and uniquely useful goods.” These lactation boxes are a one-stop shop for helping busy Moms keep breastfeeding going which benefits both Mom and baby. And family and friends looking to give a special gift should consider providing subscription to a Preemie Mom.

Cool Facts: Founders Mia and Jessica both had challenges with breastfeeding (with Jessica’s happening during a NICU stay) so they get this from a variety of points of view. And a portion of the proceeds of every box sold is used to send free boxes to Moms in a NICU.

“ These lactation boxes are a one-stop shop for helping busy Moms keep breastfeeding going which benefits both Mom and baby. And family and friends looking to give a special gift should consider providing a subscription to a Preemie Mom.

~ Premieworld.com



COLSON & JOE

One lucky winner will receive a single subscription box to try out! We'll select one NEW Instagram follower prior to 3/22/18. Enter to win by following us on Instagram at www.instagram.com/premieworld.

Congrats to Everything Elijah, the winner of February's giveaway, a copy of Lily's Hope: A Preemie's Journey of Hope at www.LilysHopeFoundation.org

QUESTIONS FOR THE PT

The following are some sample questions to ask a prospective pediatrician as listed in *The Preemie Parent's Survival Guide to the NICU* by Deb Discenza and Nicole Conn.

- How is my child developing at this time?
- Is there anything extra I can do to help my child at home?
- What types of therapies are you providing my child at this time and/or in the future?
- Is there anything else I should know at this time concerning my child's development now and in the future?



AFTER THE NICU

*Find these questions and more in *The Preemie Parent's Survival Guide to the NICU*, available at www.PremieWorld.com*



PREEMIE FAMILY ONLINE

Inspire Preemie Community:

Parents, Grandparents, Adults
& High-Risk Pregnancies

Help your families connect with over 42,000 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>

NEC SOCIETY: 2019 NEC SYMPOSIUM

Give From Your Heart

Our friends at the NEC Society have recently completed a very successful NEC Symposium in California. With that the organization is gearing up for its next symposium slated for June 2-5, 2019 at C.S. Mott's Children's Hospital in Ann Arbor, Michigan.

About the NEC Society:

Mission: Through education, outreach, research, and advocacy, we are committed to understanding necrotizing enterocolitis and reducing its incidence.

Web Site: www.NECsociety.org

Does your organization have a special event focused on helping preemies?

Contact Us: connect@premieworld.com



FEATURED PREEMIE 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 Preemie Pride, Preemie Angel, and Preemie Prayer at PremieWorld.com




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www.nurturedbydesign.com



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 preemie community.

Preemie Genius

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

And More!

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

<http://bit.ly/preemie1>

JOIN THE CONVERSATION

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

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[@Preemie Parent's Survival Guide to the NICU](https://www.facebook.com/PreemieParentSurvivalGuide)

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in [@PreemieWorld](https://www.linkedin.com/company/PreemieWorld)
[@NICU Professionals](https://www.linkedin.com/company/NICUProfessionals)
[@Early Intervention Professionals](https://www.linkedin.com/company/EarlyInterventionProfessionals)
[@Preemie Support Group Leaders](https://www.linkedin.com/company/PreemieSupportGroupLeaders)
[@Preemie Parents](https://www.linkedin.com/company/PreemieParents)

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



NICU Hope Beads

COMMEMORATE & SHARE

Your NICU journey through jewelry...

facebook.com/NICUHopeBeads | 979.635.0825



Preemie Tags

Honor the Journey

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

[premieworld.com](https://www.premieworld.com)