



premiepro  
support. educate. advocate.



## PREMATURITY AWARENESS

recreating the PremieWorld

"I'm worried that this baby will be early," I stressed to my OB in August, 2003. "I was a few weeks early myself." The OB gave me a reassuring smile stating, "This is your first baby. You will be late."

A month later I was driving back from a family outing an hour outside of town and felt my bladder "let go." Alone in a grocery store bathroom I discovered I was in preterm labor. 30 hours later at my home hospital, Becky was born at 30 weeks at 2 lbs. 15.5 oz with a tiny kitten cry. We are now 16 years out with multiple disability diagnoses. Are we sure Moms-to-be are the only ones that need to be "aware"? *Think again.*

With November 17th being **World Prematurity Day**, be a trumpet by sharing your story on social media. Tag PremieWorld on all your premie stories and pictures and we will be sharing them throughout the month of November!

See the results from our latest survey on Prematurity: <https://premie.us/PrematurityReport>  
-Deb Discenza #celebratepreemie

## IN THIS ISSUE:

*Look for worldwide events*

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

### **Prematurity Awareness - Do you feel aware?**

Deb Discenza talks about Prematurity Awareness and the importance of being AWARE.

### **Premie Genius: Soon by Jessica Watson**

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

### **Premie Support: Mighty LITTLE Giants, INC**

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

## PREEMIE FREEBIE: "PREMATURITY AWARENESS" REPORT

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 summary report of our "Prematurity Awareness" Survey from October. You can get it by going to the link below (and watch social media for parent quotes throughout the month)**

**"Prematurity Awareness" Survey Results:**  
<https://premie.us/PrematurityReport>

“ Premies are very unique and require unique care. Compared to my 3 full-term babies, learning the premie lifestyle was a whole new ballgame. ”

~ Brandy Harrington - proud parent of a 33 weeker



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

## TO DO LIST:

- ✓ **PremieWorld Tags.** Tag you are it, check out page 4 for a section all about [our Instagram followers](#).
- ✓ **Freebies.** Get free downloads from PremieWorld at <http://bit.ly/PremieFreebies> Have an idea for a freebie? Contact us and let us know.
- ✓ **Annual Congress on Pediatric Cardiology**  
November 4-5, 2019 |Tokyo, Japan  
<https://pediatric.cardiologymeeting.com/>
- ✓ **World Prematurity Day**  
Nov 17 | Worldwide  
<https://www.premieworld.com>

## 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)!

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

 @ [PremieWorld](https://twitter.com/PremieWorld)

 @ [PremieWorld](https://www.linkedin.com/company/premieworld)

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

# SUPPORT: MIGHTY LITTLE GIANTS, INC.



Mighty LITTLE Giants is an organization that provides support, education and hope for parents experiencing pre-term deliveries. "Our mission is to bridge the gap for our families, and become their light in a dark season," says Founder, Jessica Wade. "In addition to the NICU / NICCU support services, we also support our families with monthly events, peer-to-peer mentoring, emergency financial support, and life AFTER the NICU life skills."

Mighty LITTLE Giants has become an amazing resource to so many families and their goal is to give the Mighty LITTLE Giants families rest, peace and education.



Year Established: 2019  
Website: [www.MightyLittleGiants.org](http://www.MightyLittleGiants.org)  
Outreach: Nationwide

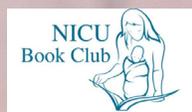
## ORG: NICU BOOK CLUB

"When our daughter was born four months early, only weighing 1lb 2oz, there was very little, if anything, that was normal about the experience," relates Founder, Amanda Durborow. "The nurses and doctors did their best to make us feel like parents but there were few moments that my husband and I felt like Mommy and Daddy. After a few days of being in the NICU, a nurse, without even knowing it, changed our lives." She said, "You can read to her." So they did.

"When we wanted to block out the beeps and dings and wires and monitors and actually, for a short moment, feel like mommy and daddy, we could sit with our baby and let her focus on our voices and we could read to her. She was growing and learning and we were bonding, because we could read to her," recounts Amanda.

Now that they have been home for a bit, it is time to give those moments to as many families as they can. Their mission is to give each baby in the NICU where their daughter was, a book once a month.

For more information visit: <https://www.facebook.com/nicubookclub/>



**Little man** a documentary film by nicole conn

Sometimes the greatest love story...

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 Grierson 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. Heidelee 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 Region Coding English  
SOUNDTRACK AVAILABLE AT [WWW.LITTLEMANMOVIE.COM](http://WWW.LITTLEMANMOVIE.COM)

DAVID C. BOHNETT DIRECTOR OF PHOTOGRAPHY NICOLE CONN EXECUTIVE PRODUCER "LITTLE MAN"  
NICOLE CONN DANNY JACOBSEN SEAN PRESENTANT PRODUCED BY JOE VAN WITSSEN BRIAN HOVEN  
EDITED BY BRIAN HOVEN EXECUTIVE PRODUCERS STRAZESKYER PRODUCED BY KATIE WIGLES PRODUCED BY MARK CHATT  
EXECUTIVE PRODUCERS DAVID C. BOHNETT DIRECTOR OF PHOTOGRAPHY DANNY JACOBSEN NICOLE CONN EXECUTIVE PRODUCER "LITTLE MAN"  
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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"

...is about your very own family.

www.littlemanthemovie.com SPECIAL LIMITED EDITION WITH FAMILY UPDATE

"little man" is every preemie parent's story



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

# SOON - BY JESSICA WATSON

“Soon” tells the heartwarming story of the journey of a preemie, inspired by author, Jessica Watson’s own NICU experience with her children.

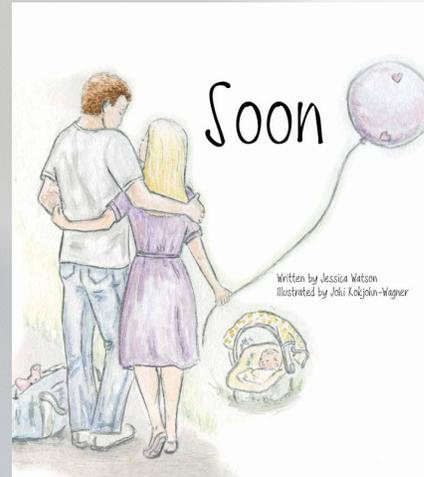
The gentle illustrations and easy to read tender words are child-friendly and will explain premature birth to even the youngest readers. It’s a book that gives preemie parents hope and tugs on the heartstrings as it provides comforting light during a fearful time.

Jessica Watson is a mom to five, four in her arms and one in her heart. Writings from her personal blog, *Four Plus an Angel* have been featured on sites such as Cosmopolitan, Women’s Day, Huffington Post and Parenting.com

*For more information visit: [fourplusanangel.com](http://fourplusanangel.com)*

**ONE LUCKY Instagram winner that TAGS @PremieWorld in a post on Instagram will get a copy of this book. Ends 11/15/19.**

**Congratulations to Dariyan Bell, winner of our October drawing - Tiny: Adventures of a Micro-Preemie.**



## PREPARING YOUR HOME FOR NICU GRAD

As your baby grows and heals in the Neonatal Intensive Care Unit, you will have a lot to do. It can be overwhelming at times. Go slowly, but don’t procrastinate. Preparation gives you a chance to alleviate some of your anxious energy to make the transition home easier. Here are some tips for preparing yourself, your home and your family for baby’s arrival home:

- ✓ **Create a traffic control plan for visitors.** Your needs deserve top priority and entertaining, even the most well intentioned friends and family is probably not top on your list. It’s okay to let visitors know you need time to adjust to a new baby and to keep germs away. Stick to your schedule and let everyone know when you are ready for visitors.
- ✓ **Siblings.** Prepare older children for what life may look like when baby brother or sister comes home. Block out special time with all of your children to help them feel included and encourage them to talk about their feelings.
- ✓ **Prepare for an emergency - before one arises.** NICU Grads have the highest rate of re-hospitalization than the average newborn. Prior to discharge, know your hospital routes, emergency entrance and parking. Program all care providers phone numbers in your phone.
- ✓ **Self care.** #1 rule - Proper support cannot be given to your preemie before taking care of yourself first. Rest, eat, shower and don’t be afraid to ask for help so you can step away for some much deserved “me” time.

- Jenny McCormick, PremieWorld



## PREMIE FAMILY ONLINE

### Inspire Premie 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://premie.inspire.com>

*PremieWorld on Twitter*

<http://bit.ly/PremieTweets>

*PremieWorld on Facebook*

<http://premie.us/PremieFB>

*PremieWorld on Instagram*

<http://premie.us/PremieInstagram>

# HIGHLIGHTING @FIGHTERPILOTAMELIA

Our latest preemie highlight: [@fighterpilotamelia](#)

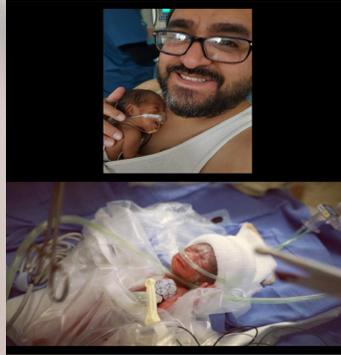
Meet li'l warrior, Amelia Joy, born at 24 weeks, weighing 1 lb, 1 oz.

*"Amelia Joy is now off the ventilator. She is wearing preemie clothes and loves Kangaroo Care with mom and dad. Amelia has overcome so much already!"*

- Eduardo (Amelia's Daddy)

## We Could Highlight YOUR PREEMIE

Deadline: Like, tag and include [@PremieWorld](#) in your Instagram update post by the 15th of the month.



## FEATURED PREEMIE ANGEL:

*Levani Marika Dale:*

*He has brought so much love and happiness into our lives...we're blessed to have him here with us so we will hold on tight to him.*

- Proud Parents

We welcome your submissions for this section of Preemie Pride, Preemie Angel, and Preemie Prayer at [PremieWorld.com](#)



**Something SPECIAL is coming soon.....**

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

"The story of our brand is the story of our family. We invite you to be part of it" -Yamile C. Jackson, PhD, PE, PMP




A brand by Nurtured by Design

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



*Premie Tags*  
*Honor the Journey*



## SNEAK PEEK

*In next month's issue.....*

### Preemie 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.

### Preemie Genius

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, PremieWorld



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[@Premie Parent's Survival Guide to the NICU](#)



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