



# preemieFAMILY

Vol. VII, Issue 8: August 2020



## A NOTE FROM DEB

**BLACK LIVES MATTER NEWS.** We are forming a new non-profit organization, the **Alliance for Black NICU Families** to push state and national certification boards to mandate annual racial and healthy equity education as part of continuing education requirements. This has snowballed in a way I never could have imagined with partnerships, sponsorships, and volunteers. Have a Black NICU family that can take our important survey?: <https://preemie.us/BlackNICUFamilies> - thank you!

*The Premie Parent's Survival Guide to the NICU, 2nd Edition* is selling strong! As of press time we have sold over 1,100 copies of the print/e-book! Please feel free to check it out on our website at [www.PremieWorld.com](http://www.PremieWorld.com) or on [Amazon.com](http://Amazon.com)

 [continued at premieworld.com/note-from-deb-2020-Aug](http://premieworld.com/note-from-deb-2020-Aug)

## STRATEGIC PARTNERS

PROLACTA BIOSCIENCE



[prolacta.com](http://prolacta.com)

SAGE THERAPEUTICS



[sagerx.com](http://sagerx.com)

ONCE UPON A PREEMIE



[onceuponapremie.com](http://onceuponapremie.com)

NICU HEALING



[nicuhealing.com](http://nicuhealing.com)

**WANT TO PARTNER WITH PREMIEWORLD?**

Visit [premieworld.com/our-partners](http://premieworld.com/our-partners) to inquire.

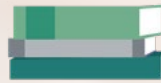
## AFTER THE NICU

For an estimated 15 million preterm babies born around the world, breastfeeding is just one of the many unique struggles preemie moms face. We all understand that breast milk is best, but many mothers of preemies are not always told that it just might not work - **It's NOT your fault!**

- **Easier said than done:** Between the stress of watching your tiny person fight to survive, the guilt of a preterm birth and the overwhelming chaos of the NICU, producing milk just doesn't always happen. Be gentle with yourself and remember that you are not alone, many preemie moms struggle with milk production.
- **Everyone's struggle is different:** Just as each preemie experience is unique, so is breastfeeding. Own your own struggle and remember that this is all part of your journey. Stop blaming yourself and let go of the guilt.



[continued at premieworld.com/afterthenicu-2020-Aug](http://premieworld.com/afterthenicu-2020-Aug)



## PREEMIE STORY OF THE MONTH

**ASTON & ARIA XENITOPOULOS**



“Alexandra Xenitopoulos, preemie mom of twins, Aston and Aria recalls, “There were a few reasons for my emergency surgery; Aria’s placenta was calcifying; I had been diagnosed with preeclampsia and the night before my C-section I was having severe pain in my abdomen which I later found out was due to abnormal liver function.”

““Remind yourself to enjoy the journey because the days are long but the years are short.”

- Alexandra Xenitopoulos

As my C-section occurred at 31+ 5 weeks it was a case of getting them out, giving a quick kiss and off they went to be looked after in the NICU.”



[continued at premieworld.com/preemiestory-2020-Aug](http://premieworld.com/preemiestory-2020-Aug)



## OLIVER'S LITTLE WARRIORS

**OUTREACH: KANSAS CITY, MO**



Carmen DeMata, Founder of Oliver's Little Warriors relates, “Our son, Oliver, was born at 35 weeks and spent 8 days in the NICU. At 3 weeks old, he almost lost his life to late-onset Group B Strep Meningitis (GBS). It was the most difficult time of my life.”

After a family friend's newborn was in the NICU, I sent my first care package. Afterwards, I knew that's what I was meant to do. Our NICU Care Packages are for any NICU baby, micro-preemie to full-term and their families.



[continued at premieworld.com/olivers-little-warriors](http://premieworld.com/olivers-little-warriors)

f @www.facebook.com/PremieWorld  
t @PremieWorld  
in @PremieWorld  
www.instagram.com/premieworld

Vol. VII, Issue 8: August 2020

[premieworld.com](http://premieworld.com) | © PremieWorld, LLC. 2020



## PREEMIE SWAG



It's not just the cool design or perfect fit—our t-shirts help support our organization.

Each shirt is constructed with 100% fine jersey cotton.



## QUESTION OF THE MONTH

Tell us about your preemie's feeding issues.

@areanaduhart: It took my ex 24 week mico-preemie twin 6 years to have his Gtube removed and successfully eat by mouth. So proud of my li'l man!

@hummingbirdofparadise: My 32 weeker, 18 months corrected barely has an interest in eating. Grazes mostly, and only takes a few bites at a time. Thanks for this post!

@mynicumomlife: My ex 23 weeker will put a spoon in his mouth and swallow the baby food but if I try to do it for him he gags. He wants total control of what he puts in his mouth.

## NON-PROFIT NEWS

### SAUL'S LIGHT

Get a mask, give a mask!

### PROJECT NICU

Virtual NICU Parent Support Group



see more at [premiworld.com/npnews-2020-Aug](http://premiworld.com/npnews-2020-Aug)

## WANT TO SEE YOUR NEWS HERE?

Visit [premiworld.com/contact](http://premiworld.com/contact) to inquire.



## WHAT'S NEW?

### PREMIERWORLD PARTNERSHIP WITH SAGE THERAPEUTICS

PreemieWorld is excited to announce its Partnership with Sage Therapeutics!



Sage is a biopharmaceutical company committed to developing novel therapies with the potential to transform the lives of people with debilitating disorders of the brain. Sage Therapeutics franchise programs aim to change how brain disorders are thought about and treated. Sage mission is to make medicines that matter so people can get better, sooner.



continued at [premiworld.com/WhatsNew-2020-Aug](http://premiworld.com/WhatsNew-2020-Aug)



## PREEMIE GENIUS



**NURTURE by IMALAC**

ATTENTION,  
Breastfeeding Mothers!

Introducing: **Nurture by Imalac** -  
The next best thing to another  
set of hands!



[premiworld.com/premiegenius-2020-Aug](http://premiworld.com/premiegenius-2020-Aug)



## PREMIERWORLD TAGS

### KALLEY-MAE MAKANAMAKAMAE YEE



“ Meet adorable Kalley-Mae Makanamaka-mae Yee! Kalley Mae was born at 23 weeks & 3 days, weighing 1lb, 6.6 oz. Kalley-Mae spent 183 days in the NICU and bravely fought many battles.

Currently at 19 months, she is running around and trying to put everything in her mouth to see if it's edible! She loves singing ABC's and Itsy Bitsy Spider. ”

Tag us on Instagram before the 15th of the month for a chance to be highlighted!



continued at [premiworld.com/PWtags-2020-Aug](http://premiworld.com/PWtags-2020-Aug)



## PREEMIE FREEBIES

### POSITIVE PREEMIE BREASTFEEDING TIPS

For mothers of preemies, breastfeeding can be a huge challenge and one that does not always work out well. This month's freebie is all about **Positive Preemie Breastfeeding Tips**. Download today! *Ahora disponible en Español.*



get it at [premiworld.com/premie-freebies](http://premiworld.com/premie-freebies)



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

@ PreemieWorld

@ PreemieWorld

@ [www.instagram.com/premiworld](http://www.instagram.com/premiworld)

Vol. VII, Issue 8: August 2020

[premiworld.com](http://premiworld.com) | © PreemieWorld, LLC. 2020