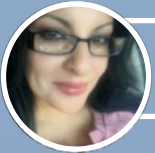




preemieFAMILY

Vol. VII, Issue 12: December 2020



A NOTE FROM JENNY

Seasons Greetings, PreemieWorld Community! Whew! What a year it has been! Despite a world-wide pandemic, unrest and more, PreemieWorld continues to find new ways to reach out and advocate for preemie families.

With this in mind, PreemieWorld is excited to announce a special giveaway! We are donating to a lucky NICU, an entire box of Deb's book, *The Premie Parent's Survival Guide to the NICU*. Our hope is that this book will provide the much needed support and guidance to preemie families currently in the NICU. *But, wait! There's more!* We will also be giving away an entire box of the book, *Once Upon a Premie*, by Author, Jenné Johns. Stay tuned on social media for additional updates.

As we move ever forward, we will continue to be of service to you in a hope-filled new year.

 [continued at premieworld.com/note-from-jenny-2020-Dec](https://premieworld.com/note-from-jenny-2020-Dec)

STRATEGIC PARTNERS

PROLACTA BIOSCIENCE



prolacta.com

SAGE THERAPEUTICS



sagerx.com

ONCE UPON A PREMIE



onceuponapremie.com

NICU HEALING



nicuhealing.com

WANT TO PARTNER WITH PREMIEWORLD?

Visit premieworld.com/our-partners to inquire.

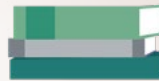
AFTER THE NICU

As the song goes, "there's no place like home for the holidays." This year, those lyrics have added significance. Amid the coronavirus pandemic, RSV & flu season, so many preemie families are staying home to protect their precious miracles. Here are some tips to having a festive stay-at-home holiday:

- **Get festive:** Make your environment merry by decorating. Get the family to pitch in and make wreaths, popcorn garland and ornaments. Check out Pinterest for easy DIY ideas.
- **Cookie exchange:** Organize willing participants and have everyone drop off their goodies on the front doorstep of 1 other participant! Everyone will have a lovely little sweet treat waiting for them when they open the door.

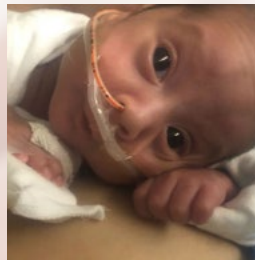


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PREEMIE STORY OF THE MONTH

DONOVAN PABLO QUIROZ-QUINTERO



“On May 23rd, at 2:00am, was the day my water broke. I was 27 weeks and 4 days into my pregnancy,” recalls mom, Karen Quintero.

“The miracle we didn't know we needed, our little fighter mommy and daddy love you so much.”

- Karen Quintero

“As we were in the midst of the Covid-19 pandemic, I was not allowed to go into the ER with anyone else to see if I was in labor and to find out what was going on. Let me remind you, I am a first-time mom and never did I think I would be able to have a baby, so all this was unbelievable and when my water broke, I was completely clueless as to what was going to happen to us.”



[continued at premieworld.com/premiestory-2020-Dec](https://premieworld.com/premiestory-2020-Dec)



HAND TO HOLD

OUTREACH: TEXAS, USA



Hand to Hold helps families before, during and after a NICU stay or in the event of infant loss.

Kelli Kelley founded Hand to Hold in 2010 after her son, Jackson, was born in August of 2000, weighing just a pound and a half at 24 weeks. Her daughter, Lauren, was born at 34 weeks and also required a NICU stay. Kelley suffered from psychosocial issues for years after her children's early births. "I don't ever want another NICU parent to feel alone like I felt," she says.



[continued at premieworld.com/hand-to-hold](https://premieworld.com/hand-to-hold)

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Vol. VII, Issue 12: December 2020

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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 your first thought when you saw your preemie for the first time?

@atmomalways: She's Alive!

@secretstaric: WOW! So precious. She was only 2 pounds, my precious miracle babygirl!

@nikjin1: That's my daughter, the fighter. Mummy is here.

@kenziepoohstory: Wow!! My li'l warrior!

@bree_bee_blessed: My tiny baby!

NON-PROFIT NEWS

PENELOPE PROJECT

NICU Parent Packs - Donations Needed

NICU CHEER

NICU Gifts & Christmas Book Drive



see more at premieworld.com/npnews-2020-Dec

WANT TO SEE YOUR NEWS HERE?

Visit premieworld.com/contact to inquire.



WHAT'S NEW?

PREMIOWORLD NEWS



- Deb Discenza will be featured in the Season of Nurturing: Lunch Break Stories - benefiting Infant Massage USA - on December 2nd, 1pm, EST. Get your FREE ticket now to this virtual event: <https://givebutter.com/seasonofnurturing>
- Instagram LIVE Fridays - Join PremieWorld on Instagram LIVE every Friday for interviews, support and more and don't miss out on our PremieWorld Giveaways for your chance to win some cool prizes.



continued at premieworld.com/WhatsNew-2020-Dec



PREEMIE GENIUS



I WAS SMALL BUT NOW I'M TALL

Author of *From Hope to Joy* and *Stuck in Bed*, Jennifer Degl continues to help the preemie community with her latest book, *I Was Small But Now I'm Tall*.

A perfect book for your preemies as they grow!



premieworld.com/premiegenius-2020-Dec



PREMIOWORLD TAGS

SOLIKHA MAYA



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

“Meet Solikha Maya, a former 27-weeker, born weighing 1lb, 15oz and spent 98 days in the NICU.

Life after the NICU has been a rollercoaster ride. Early on, Solikha was labeled in the 1 percentile in intelligence with poor fine motor skills among other delays, but she has made tremendous strides, she talks in full sentences and impresses every day! She is full of life, love and curiosity, with a vivid imagination and tons of energy.”



continued at premieworld.com/PWtags-2020-Dec



PREEMIE FREEBIES

HOLIDAYS WITH PREEMIES

The holiday season is especially tough for families with premature babies. Whether they are in the NICU or at home, life is just so much more complex. Download our latest freebie to help make the holiday season a little brighter. *Ahora disponible en Español.*



get it at premieworld.com/preemie-freebies



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