



### A NOTE FROM DEB

Whew - we made it to 2021! Let's remember our preemie warrior roots and seek to push through the ongoing pandemic with our unwavering resilience. If you have lived through RSV season with a preemie, you already know the tips, the tricks to keep you and your loved ones safe and healthy. Don't let anyone tell you that you are overreacting. Stand your ground. And check out our freebie around "no touching, too."

Let's use 2021 to huddle together as a community and support one another through this. Meet me on our Inspire Preemie Community (~55k strong with dozens of new members each week). We are having conversations around long stays in the NICU, the ups and downs of breathing issues, developmental concerns and more. Plus, I am cooking up something special for our Inspire members. Join now, it's free, secure and private! - Love, Deb

 [continued at premieworld.com/note-from-deb-2021-Jan](https://premieworld.com/note-from-deb-2021-Jan)

### STRATEGIC PARTNERS

PROLACTA BIOSCIENCE



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

SAGE THERAPEUTICS



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

ONCE UPON A PREMIE



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

NICU HEALING



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

**WANT TO PARTNER WITH PREMIEWORLD?**

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

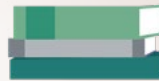
## AFTER THE NICU

As Covid numbers continue to rise, many parents are concerned about safety and what medical appointments for their preemies will look like. Here are some tips for visiting the doctor during the Coronavirus pandemic:

- **Ask your pediatrician's office about safety precautions.** Doctors' offices and hospitals are taking precautions to keep patients and patient families healthy. If you are unaware of the steps your provider is taking, call ahead of your appointment for peace of mind.
- **What to ask the pediatrician/specialist office?**
  - Is your medical staff wearing proper personal protective equipment (PPE)?
  - Have you rearranged the waiting rooms to allow for social distancing?
  - What steps are you taking to sanitize the environment?



[continued at premieworld.com/afterthenicu-2021-Jan](https://premieworld.com/afterthenicu-2021-Jan)



## PREEMIE STORY OF THE MONTH

REMY LARIOS



“I prayed for you. God sent me a special blessing.”

“Premie mom, Sarahi recalls, “On April 27th, I was 22 weeks pregnant when my water broke. I understood that there was a chance for my baby to survive but his chances of being a healthy baby were slim. There was a 10% chance of survival but with many complications. We didn't know when my labor would begin...it could have been in the next 24-48 hours, in a week, or even a month. I was hospitalized for 2 months on bed rest.”

- Remy's Mommy ”

On June 21st at 30 weeks and 5 days, Remy was born weighing 3lb. ”

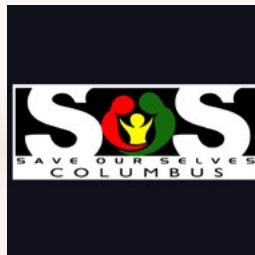


[continued at premieworld.com/preemiestory-2021-Jan](https://premieworld.com/preemiestory-2021-Jan)



## S.O.S. (SAVE OURSELVES) COLUMBUS

OUTREACH: COLUMBUS, OHIO



S.O.S. COLUMBUS was inspired by a surge in missing children and focuses on youth and minorities which would include preemies and high risk mothers.

“Feeling helpless to save our children, I created this organization to reach, teach and save as many children as possible. Some programs have been created out of personal experience such as **Project Safe Point** and **Parent Pals**. I have personally experienced two preemie births, one loss and one pregnancy loss which has bound this cause dear to me,” states Founder, Jacquelyn Martin.



[continued at premieworld.com/sos-columbus](https://premieworld.com/sos-columbus)



## 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

Share your experience with IVH and your premie.

@dudened\_earl: I was born at 26 gestational weeks and was diagnosed with a level 5 bleed IVH at the time.

@rockerchic4life: On his second day of life, my 26 week premie developed an IVH which quickly turned into a bilateral grade 3/4 brain bleed. He is now 8-years old and though there are delays, he is absolutely amazing! He is running and jumping and causing mischief wherever he goes.

## NON-PROFIT NEWS

### SAUL'S LIGHT

Get a Mask, Give a Mask!

### GRAHAM'S FOUNDATION

Premie Parent Mentor Program



see more at [premieworld.com/npnews-2021-Jan](https://premieworld.com/npnews-2021-Jan)

## WANT TO SEE YOUR NEWS HERE?

Visit [premieworld.com/contact](https://premieworld.com/contact) to inquire.



## WHAT'S NEW?

### PREMIOWORLD NEWS



- C-Path's International Neonatal Consortium (INC) "In a Word" with a special highlight from PremieWorld's CEO, Deb Discenza - Check it out! - <https://youtu.be/7abSQVmCoy0>
- The Alliance for Black NICU Families still needs your survey support. - <https://premie.us/BlackNICUFamilies>
- Congratulations to **Once Upon a Premie Academy** for its successful launch in November with more courses coming in April 2021.



continued at [premieworld.com/WhatsNew-2021-Jan](https://premieworld.com/WhatsNew-2021-Jan)



## PREEMIE GENIUS



### STRONGER THAN YOU KNOW

A premie book inspired by Dr. Christie Person's very own neonatal intensive care experience with her daughter.

You'll definitely want to add this book to your premie library!



[premieworld.com/premiegenius-2021-Jan](https://premieworld.com/premiegenius-2021-Jan)



## PREMIOWORLD TAGS

### BEATRICE YIP



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

“Meet Beatrice “Bea” Yip. Bea was born at 27 weeks gestation on 12/26/19. She spent 119 days in the NICU with PDA catheterization at just 1 month and blood transfusions. Bea went from intubation to extubation to cpap to high flow and finally came home on oxygen.”

Bea will soon be turning 1 and will have her 2nd sleep study so please pray that Bea can be weaned off oxygen completely before she turns ONE!



continued at [premieworld.com/PWtags-2021-Jan](https://premieworld.com/PWtags-2021-Jan)



## PREEMIE FREEBIES

### “NO TOUCHING” SIGN

Premie babies are the cutest around! It's no wonder people often want to touch and hold them. However, as premie parents, we know that big germs can harm our little ones. Download our freebie, “NO TOUCHING!” *Ahora disponible en Español.*



get it at [premieworld.com/premie-freebies](https://premieworld.com/premie-freebies)



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