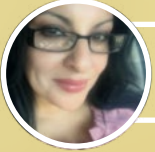




preemieFAMILY

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A NOTE FROM JENNY

Research has shown that having a strong support system has many positive benefits, such as comfort, deep understanding through shared experience and reduction of stress and anxiety. Preemie parents are thrust into the fast-paced, life or death decision-making, stressful world of the NICU. How appropriate for parents to seek out much needed support.

Inspire Preemie Network: Join the free virtual preemie support community led by preemie mom and Founder of PreemieWorld, **Deb Discenza**.

- Safe, private community
- NICU/PICU families
- Post-NICU discharge
- Special needs discussions
- Angel families

Remember, you don't have to be alone on your NICU journey. Join the Inspire Preemie Community today. preemie.inspire.com

continued at premieworld.com/note-from-jenny-2022-July

STRATEGIC PARTNERS

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ONCE UPON A PREMIE



nicuhealing.com

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WANT TO PARTNER WITH PREMIEWORLD?

Visit premieworld.com/our-partners to inquire.

AFTER THE NICU

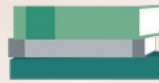
Summertime is here *and the living is easy...* or so the song goes. For parents of special needs preemies however, the living may not be quite so easy as schedules change and adapting to such changes aren't always easy.

Here's some simple ideas to help your child thrive this summer:

- **Establish daily exercise:** If your child thrives on structure, consider adding a daily walk into your routine. This will keep days organized and scheduled, which may be important as kids are thrust from their usual routines. Plus, it gets you and your child to exercise together by taking a stroll through the neighborhood or a nearby park.



continued at premieworld.com/afterthenicu-2022-July



PREEMIE STORY OF THE MONTH

DARCIE AND MAXWELL JACOBS



"My extremely premature babies arrived in this world 12 weeks and 1 day early on the 24th of August 2015," shares preemie mom, **Anita Jacobs**.

“ My teeny weeny extremely preemies are SUPERHEROES. ”
- Anita Jacobs

"There had been no problems with the pregnancy and everything was progressing well. Their due date was the 17th of November, which co-incidentally is World Prematurity Day. We were suddenly thrust into a world of brain bleeds, tachycardia, bradycardia, pumping, alarms, PDA's, heart murmurs and endless things that babies shouldn't have to go through."



continued at premieworld.com/premiestory-2022-July



HAND TO HOLD

OUTREACH: NATIONAL



Hand to Hold® is a national nonprofit 501(c)(3) dedicated to providing personalized emotional support, education and community to parents who have had children in the Neonatal Intensive Care Unit (NICU) or the loss of a baby. Support is available in English & Spanish.

Founder and CEO, **Kelli Kelley** has personal NICU experience. Kelli founded Hand to Hold because she believes NICU and bereaved parents should have access to free, early intervention mental health support services and more.



continued at premieworld.com/handtohold

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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

Can you describe the preemie dad in your life in 3 words or less?

@nisie6: Constant. Self-educated. Advocate

@sarahbug73: Honorable. Courageous. Hard-working.

@theevolutionoffsis87: Honorable. Understanding. Necessary.

@hillaryanne320: Supportive. Patient. Stoic.

@mehllee: Penny's Priceless Poppa

NON-PROFIT NEWS

NICU PARENT NETWORK (NPN)

NPN Live! 3.0 | August 4-6, 2022

PROJECT NICU

Wishing Flower Walk | August 28, 2022



see more at premieworld.com/npnews-2022-July

WANT TO SEE YOUR NEWS HERE?

Visit premieworld.com/contact to inquire.



WHAT'S NEW?



GLO PREEMIES PODCAST SPONSORSHIP

Join President and mother of 3 preemies, Ashley Randolph as she covers topics for NICU and NICU grads, 0 - 18 years of age.

Each episode contains powerful information to help you grow personally and opportunities to get your questions answered. Learn more about GLO Premies Podcast Sponsorship: <https://anchor.fm/glo-preemies>



continued at premieworld.com/WhatsNew-2022-July



PREEMIE GENIUS



THE GRIEVING BRAIN

by Mary-Frances O'Connor, PhD
With more than 1 million preemie related deaths around the world, this book is a great grief-process aid. A perfect gift for Bereaved Parents Month!



premieworld.com/premiegenius-2022-July



PREMIERWORLD TAGS

BRYCE MASARU ROBERTS



“ Bryce was born at 27weeks/5 days and spent 110 days in the NICU being transferred between a level 3 and level 5 multiple times. He is currently 3 years old and has out-grown almost all ailments. This boy and his journey is a testament to the human will to survive!



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



continued at premieworld.com/PWtags-2022-July



PREEMIE FREEBIES

BEREAVED PARENTS DAY SUPPORT CARD

A special support card for our angel parents. Don't forget to reach out to a bereaved parent this month. Our Preemie Freebies can be downloaded and printed. *Ahora disponible en Español!*



get it at premieworld.com/preemie-freebies



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