



# preemieFAMILY

Vol. VII, Issue 6: June 2020



## A NOTE FROM JENNY

Falling down the rabbit hole of NICU life while pasting on an "I'm okay," smile throughout Joshua's 129-days in the NICU; that's what I felt was expected of me. If I didn't have it all together then I wouldn't be able to care for my medically fragile baby. Through the trauma of his early birth to a brain hemorrhage and more, I muscled through. Once we got Joshua home, I realized, "I'm not okay."

Sound familiar? According to a recent study, almost 60% of parents whose infant was in the NICU developed **Post Traumatic Stress Disorder (PTSD)**. June 27th is **PTSD Awareness Day**, which helps bring to light some of the symptoms, signs and treatment options for PTSD.

**Inspire Network:** The Preemie Inspire Network, led by Deb Discenza is a **FREE** virtual support group. Don't be afraid to reach out and ask for help. Get to know a community of parents who get it.

<https://www.inspire.com/groups/preemie/>

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

## STRATEGIC PARTNERS

PROLACTA BIOSCIENCE



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

KEY TO CP



[keyto cp.com](https://keyto cp.com)

PREEMIE CRYSTAL BALL



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

## WANT TO PARTNER WITH PREMIEWORLD?

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

## AFTER THE NICU

**Post Traumatic Stress Disorder (PTSD)** can happen to anyone who has experienced a traumatic situation and the NICU is definitely traumatic! If you are experiencing PTSD, you are not alone. You are not being dramatic; you have been through a terrifying situation. What can you do?

- **Get help:** It is important to speak up and reach out to a professional. Just as you would go to your primary physician for relief of a physical ailment, it is equally important to seek out a professional to help you sort through your trauma. Learning about PTSD will help you understand your feelings and how to effectively deal with them.
- **Eat a balanced diet:** A good diet plan can work wonders for people who experience symptoms of post-traumatic stress disorder. Health experts believe that symptoms of PTSD can be controlled and reduced, and a good diet is extremely important in management of the condition.



continued at [premieworld.com/afterthenicu-2020-June](https://premieworld.com/afterthenicu-2020-June)



## PREEMIE STORY OF THE MONTH

OLIVER ELIJAH YU



“Each passing day, good or bad is a win to see our preemies thrive. They are truly our present day miracles!”

- Oliver's Mommy

On July 19, 2019, on the way to our 21-week checkup, we had no idea that I would be admitted straight to Labor and Delivery. I still remember my OB/GYN's facial expression as she broke the news that we were going to lose our baby that day.

The thought of losing my baby boy after just finding out the gender two weeks earlier and a few hours prior to seeing his face and heartbeat, I was confused and heartbroken.



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



## NICU HEALING

ONLINE SUPPORT



Founder, Kara Wahlin realized the huge lapse in mental health services for parents experiencing the trauma of the NICU and made it her goal to create **NICU Healing**, after her own experience and healing of NICU life and loss.

The organizational focus of **NICU Healing** is to assist any and all parents of premature or medically complex babies.



continued at [premieworld.com/nicu-healing](https://premieworld.com/nicu-healing)

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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

*What advice would you give to preemie parents who are experiencing PTSD or PPD.*

@my\_nicu\_family: Be gentle with yourself. Seek out a professional who you can build a trusting relationship with and who also knows how to help you heal and grow from your experience.

@rockerchic4life: Talk to a professional who can guide you through your symptoms and emotions. Seek out a community of support - parents who have and are experiencing what the NICU is like and the trauma it brings - these are the ones who get it.

## NON-PROFIT NEWS

### NICU PARENT NETWORK

Covid-19 Maternity Care Survey

### COLETTE LOUISE TISDAHL

Brunch Bowl - Tickets available for May 23, 2021



see more at [premiworld.com/npnews-2020-June](https://premiworld.com/npnews-2020-June)

## WANT TO SEE YOUR NEWS HERE?

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



## WHAT'S NEW?

### PREMIERWORLD LIVE INTERVIEWS ON INSTAGRAM

Follow PreemieWorld on Instagram to see Deb's LIVE interviews with Preemie Professionals and Preemie Parents on all subjects related to prematurity.

Do you have something to share with our preemie community and would like to go LIVE with Deb? Send us a message on Instagram! @premiworld



continued at [premiworld.com/WhatsNew-2020-June](https://premiworld.com/WhatsNew-2020-June)



## PREEMIE GENIUS



### MY LITTLE HOUSE

SmartFeltToys has done it again with My Little House

<https://smartfelttoys.com/>



[premiworld.com/premiegenius-2020-June](https://premiworld.com/premiegenius-2020-June)



## PREMIERWORLD TAGS

### ABIGAIL GRACE ARAGON



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

“ Abigail is a NICU warrior! Born at 29-weeks gestation, she spent 285 days in the NICU, plus another year and a half at Totally Kids Rehabilitation Hospital. Abigail came home when she was 2-years old.

Today Abigail is thriving and reaching milestones at her own pace. She is talking so much more and loves to sing along with Disney Princesses. ”



continued at [premiworld.com/PWtags-2020-June](https://premiworld.com/PWtags-2020-June)



## PREEMIE FREEBIES

### FATHER'S DAY NOTE

Looking for a special way to say “Happy Father's Day” to your special preemie dad? Download *A Special Note To My Preemie Dad On Father's Day*. Disponible también en Español.



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



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