



preemieFAMILY

Vol. IX, Issue 3: March 2022



A NOTE FROM JENNY

This month, PremieWorld celebrates, "Read Across America," a time to celebrate reading. Why is fostering a love of reading so important? Reading is not only pleasurable but it is one of those activities that can help normalize an experience that can be anything but normal and help alleviate a stressful time for both parents and children.

With this in mind, PremieWorld is excited to announce *The Books for Healing Partnership*, a collaboration of PremieWorld, GLO Premies, Alliance for Black NICU Families and Jeff Lefko Books. *The Books for Healing Partnership* offers children's stories as vehicles for reaching underserved populations with important health information. Why children's books? Because, in today's complex world of information and disinformation and mistrust, they can go where nothing else can.

Learn more about *The Books for Healing Partnership*: <https://booksforhealingpartnership.com/>

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

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WANT TO PARTNER WITH PREMIEWORLD?

Visit premieworld.com/our-partners to inquire.

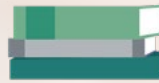
AFTER THE NICU

March is **Colic Awareness Month**. Colic is excessive crying and fussiness that lasts for more than three hours at least three days a week for over three weeks. In full-term newborns, colic can start a few weeks after birth. It typically stops on its own by the time the baby is four months old. With preemies, colic can last longer. Here are some tips to help with a colicky baby:

- **Get Moving:** Studies have shown that going for a walk with the baby, the movement and fresh air can help to settle them and will be great for your mental health too!
- **Baby Massage:** Try a baby massage class to learn how to effectively massage your baby which can have a really calming effect on them.



continued at premieworld.com/afterthenicu-2022-Mar



PREEMIE STORY OF THE MONTH

LENOX SANDERS



“A miracle and blessing wrapped in one.”

- Linda Lewis

Preemie mom, **Linda Lewis** recalls, "I found out I was pregnant at 23 weeks while getting a physical.

Immediately I was told to go to the hospital for an ultrasound. Once I arrived to the hospital, I was told I was 23 weeks and 5 days and that I was having a boy.

Omg I was shocked! I couldn't believe I didn't know there was a baby growing inside of me!"



continued at premieworld.com/premiestory-2022-Mar



MADelyn'S FUND

OUTREACH: CHARLOTTE, NC



On January 27, 2015, our family joyfully welcomed **Madelyn Elizabeth**, a long-wished-for little sister to our two boys, Ryan and Adam. Born at 37 weeks, she was immediately taken to the Neonatal Intensive Care Unit," shares preemie mom, Rachel Lee.

"During her sixth day in the NICU, she became extremely ill with an infection that she tried her best to fight...We will never forget receiving the chilling middle of the night call on February 4th that changed our lives forever."



continued at premieworld.com/madelyns-fund

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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 is the greatest lesson you learned from your preemie?

@capturing_courage: Patience

@hillaryanne320: The Power of love, hope and of letting go.

@veronicas2girlz: That prayer is powerful.

@preemie_adventures: Never give up.

NON-PROFIT NEWS

TODAY IS A GOOD DAY

Pints for Premies | 3.25.22

COLETTE TISDAHL FOUNDATION

Join Our Grand Challenge | 2022



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

WANT TO SEE YOUR NEWS HERE?

Visit premieworld.com/contact to inquire.



WHAT'S NEW?

BLOGS AND BOOKS

- Meet 11-year old David Jax and read his thoughts on being a big brother to a 26-week, micro-preemie. <https://premie.us/BigBrotherToMicroPreemie>
- *Will Our Egg Hatch Early* - Order your free copy today! <https://www.glopreemies.org/books>



continued at premieworld.com/WhatsNew-2022-Mar



PREEMIE GENIUS



OUR NICU ROADMAP JOURNAL

Creator: Nicole E Nyberg

A journal that is a great resource for parents and also serves as a place to document baby's progress each day while in the NICU.

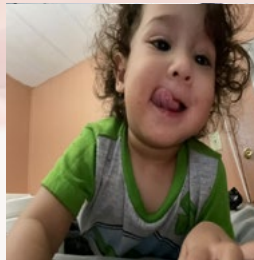


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PREMIERWORLD TAGS

DONOVAN QUIROZ-QUINTERO



“ Meet the adorable Donovan.

Donovan was born at 29 weeks and spent 90 days in the NICU.

Donovan is now 21 months old and can sing, name objects, walk and follow simple instructions. Yay, Donovan!



continued at premieworld.com/PWtags-2022-Mar

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



PREEMIE FREEBIES

CHILD LIFE SPECIALIST THANK YOU CARD

Do you know a special Child Life Specialist? Download and print out this card for Child Life Specialist Month! *Ahora disponible en Español!*



get it at premieworld.com/preemie-freebies



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