



# preemieFAMILY

Vol. VII, Issue 5: May 2020



## A NOTE FROM DEB

As I write this, the world is in shutdown due to the novel coronavirus and many families in our community are struggling with the ramifications of the fall-out from that in health, finances and livelihoods.

PreemieWorld is still here for you. Our FREE Inspire Preemie Community that I lead is seeing a large surge in new members due to the social distancing requirements in the NICU. Come join the conversation!

Also our 2nd edition of *The Preemie Parent's Survival Guide to the NICU* is releasing in time for Mother's Day. This updated edition will also include an e-book! Pssst! Special giveaways coming! Until then, may you have the best of health.

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

## STRATEGIC PARTNERS

PROLACTA BIOSCIENCE



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

KEY TO CP



[keytoop.com](https://keytoop.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

Let's face it: Social distancing has made celebrating special occasions with friends and family very difficult. Honoring Mother's Day this year will look quite different, but it shouldn't be missed! Here are some tips for celebrating Mother's Day from a safe and healthy distance:

- **Schedule a Video Call Date:** Set up a Zoom or Facetime call with your mom and siblings. Try printing out lots of pictures of mom and set them up around you while you video chat. It won't be the same as seeing your mom in person but there will be an element of excitement, particularly for the kids.
- **A No-Chores Hall Pass:** Request to spend the day lounging around and enjoying the kids without the burden of dishes, laundry and cooking. Let others look after it for one day.



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



## PREEMIE STORY OF THE MONTH

VIRGINIA "VIA" CLAGG



“Rock bottom became the solid foundation on which I rebuilt my life.”

- J.K. ROWLING

*“Our story started out like most, overjoyed that we were pregnant. Everything was going great, until it wasn't.”*

At 20-weeks pregnant, I noticed my feet were swollen. I thought it was just a pregnancy thing but after a couple of days I called my doctor just to be sure everything was okay. My blood pressure was high so they ended up running more tests at the hospital and decided it would be best for me and the baby if they put me on bed rest.



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



## BABYBUNS FOR LIFE NETWORK, INC

SUPPORT IN VIRGINIA AND TEXAS, USA



“BabyBuns for Life Network, Inc. was established because our family knows and understands all too well the feelings and uncertainty that come with a premature birth,” states Founder, Dana Griffin-Graves.

Our mission is to educate, inspire and provide financial and emotional support for parents of infants born in the Neonatal Intensive Care Unit.



[continued at premieworld.com/babybuns-for-life-network](https://premieworld.com/babybuns-for-life-network)

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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

*Coronavirus and School-Age Premies: How are your kids handling the changes?*

@ashcappelli: "My former 25-weeker is missing his friends and "normal" life. Wouldn't say he's missing school, exactly."

@irenojer: "My 8-year old (30-weeker) misses his teacher and buddies a lot, he's moody and sensible."

@ohmylanta: "My twins miss going to fun places, but are enjoying time with their family."

## NON-PROFIT NEWS

### GRAHAM'S FOUNDATION

Parents of Premies Day | May 3rd, 2020

### WITH YOU DURING COVID-19

Hosted by Glo Premies | May 20th, 2020



see more at [premieworld.com/npnews-2020-May](https://premieworld.com/npnews-2020-May)

## WANT TO SEE YOUR NEWS HERE?

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



## WHAT'S NEW?

### THE ZAKY CARES ANNUAL GIVEAWAY



**The Zaky CARES - ANNUAL GIVEAWAY:** This year, The Zaky ZAK and The Zaky HUG will be donated to frontline heroes from COVID-19, hospitals that celebrate Kangaroo Care Day, and families of hospitalized babies. They need each other to get through this pandemic. Additional info: [https://thezaky.com/blogs/covid-19/request\\_donation\\_bulk](https://thezaky.com/blogs/covid-19/request_donation_bulk)



continued at [premieworld.com/WhatsNew-2020-May](https://premieworld.com/WhatsNew-2020-May)



## PREEMIE GENIUS



### MY LITTLE FARM

The perfect sensory tool for helping premies build early language skills!

By Smart Felt Toys

<https://smartfelttoys.com/>



[premieworld.com/premiegenius-2020-May](https://premieworld.com/premiegenius-2020-May)



## PREMIOWORLD TAGS

### LOGAN SAMUELSON



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

“ Logan was born at 24-weeks gestation and spent 278 days in the NICU. Brave Logan underwent 22 surgeries before his 1st birthday!

Logan is now thriving at home and working on communication, eating by mouth and weight-bearing in crawl position. ”



continued at [premieworld.com/PWtags-2020-May](https://premieworld.com/PWtags-2020-May)



## PREEMIE FREEBIES

### MOTHER'S DAY NOTE

Looking for a special way to say "Happy Mother's Day" to your special premie mom? Download *A Special Note To My Premie Mom On Mother's Day*. Disponible también en Español.



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



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