



A NOTE FROM JENNY

One of the hardest days for many women around the world is Mother's Day. So many of our moms suffer greatly on this day due to miscarriage, infertility, stillborn birth, or tragically, not being able to bring their baby home from the NICU. Every year on the first Sunday in May, *International Bereaved Mother's Day* honors these mothers. How can we observe this day?

- Offer a safe place for mothers to shed a tear, talk or reminisce.
- Join a bereaved mother to put flowers on their child's grave, polish their urn or light a candle in their memory.
- Most importantly, SAY THEIR CHILD'S NAME! Moms who are grieving crave hearing that others remember the person they've lost.
- Preemie Angel Wall: Share a special message on our remembrance wall. <https://premieworld.com/preemie-angels/>

This month PremieWorld celebrates our fearless angel moms around the world. We see you. We love you. We are holding you in our hearts.

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

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AFTER THE NICU

We say it. We preach it. But do we practice it? That's right. I'm talking about self-care. While practicing self-care might sound fine and good in theory, you might be wondering how on earth you would make that happen. As a mom to a preemie, you probably can't remember the last time you showered, let alone practiced self-care. Here are some easy tips to help you avoid mom burnout.

Just say NO: We have been conditioned to think that saying no is a negative thing, and we don't want to stir up criticism. But saying no can be empowering and is healthy in many situations. You can start by saying no to unwanted visitors, to a booked social calendar—and definitely to having a sparkling clean house at all times.



continued at premieworld.com/afterthenicu-2022-May



PREEMIE STORY OF THE MONTH

SHEA SIMPSON



“And though she be but little, she is fierce.”

“Our lives changed forever on March 19, 2006 when my water broke, 9 weeks early,” shares preemie mom, **Kathy Simpson**.

“After a picture-perfect pregnancy, I experienced PPRM (Preterm Premature Rupture of Membranes). After arriving at the hospital, I was given the first of two steroid shots to speed up the development of our baby's lungs and I was started on magnesium and other medications to try and stop/control my labor. 24 hours later, I received the second dose of steroids and was told to hold on and hold out as long as I could.”



continued at premieworld.com/premiestory-2022-May



iCAN

OUTREACH: INTERNATIONAL



International Children's Advisory Network, Inc. (iCAN) was created as an organization dedicated to supporting the expertise of children, many of whom are living with rare, chronic, and complicated conditions.

Today, iCAN is led by a diverse group of Board of Directors and Advisory Board Members with backgrounds in science, medicine, finance, and pediatric innovation to ensure all pediatric work includes patient representation.



continued at premieworld.com/iCAN



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

Did your preemie need a blood transfusion / blood products in the NICU?

@sarahbug73: Two times...The first time was when he was less than a week old and the second one was when he was septic.

@mama_heidrich: My son had at least four that I can remember. I'm so thankful to the people who donate blood.

@kimssosocial: My son had three of them. My husband was able to donate the blood for them.

NON-PROFIT NEWS

KANGAROO.CARE

Kangaroo Care Day | May 15, 2022

NICU CHEER

Donations needed for Mother's Day | ASAP



see more at premiworld.com/npnews-2022-May

WANT TO SEE YOUR NEWS HERE?

Visit premiworld.com/contact to inquire.



WHAT'S NEW?

INDUSTRY NEWS

Interdisciplinary Guidelines and Recommendations for NICU Discharge Preparation and Transition Planning.



"The National Perinatal Association's (NPA's) interdisciplinary work group has developed interdisciplinary guidelines for NICU discharge preparation and transition planning. These recommendations assist staff in providing discharge preparation that is more uniform and equitable." <https://www.nature.com/collections/bcegagc-haa>



continued at premiworld.com/WhatsNew-2022-May



PREEMIE GENIUS



JEFF LEFKO BOOKS

Author: Jeffrey J. Lefko

A unique healthcare communications company using relatable stories with embedded health information to normalize health related conditions.



premiworld.com/premiegenius-2022-May



PREMIERWORLD TAGS

KALLEY-MAE YEE



“ A PremierWorld favorite, Kelley-Mae Yee was born at 23-weeks, 3 days gestation and spent 182 days in the NICU.

Today, Kelley-Mae is 3-years old and loves to sing songs, swim in the ocean, ride her bike, count to 100, read and plays T-Ball for RBI Hawaii Blue Jays. ”

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



continued at premiworld.com/PWtags-2022-May



PREEMIE FREEBIES

MOTHER'S DAY CARD FROM PREEMIE ANGEL

A special card for a special mother on Bereaved Mother's Day. Don't forget to honor a special angel mom this month! Our Preemie Freebies can be downloaded and printed. *Ahora disponible en Español!*



get it at premiworld.com/preemie-freebies



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