



# preemieFAMILY

Vol. VII, Issue 10: October 2020



## A NOTE FROM DEB

**COVID-19 Jitters & Preemie Parents.** Earlier this year I wrote an article for KevinMD.com around COVID-19 and the effects on preemie parents, old and new. And recently I was interviewed on KevinMD.com's podcast. Watch: <http://preemie.us/KevinMD>

**October is Pregnancy & Infant Loss Awareness Month.** Our hearts go out to families burdened with losses old and new as we enter October. And on October 15th, we will find social media flooded with memories. If you are one of those families - we mourn with you, alongside you. Want a safe place to remember your baby? Our Preemie Angel Wall is there for you to memorialize your child now and ongoing in an understanding and supportive environment. <https://premieworld.com/preemie-angels/>

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

## STRATEGIC PARTNERS

PROLACTA BIOSCIENCE



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

SAGE THERAPEUTICS



[sagerx.com](http://sagerx.com)

ONCE UPON A PREMIE



[onceuponapremie.com](http://onceuponapremie.com)

NICU HEALING



[nicuhealing.com](http://nicuhealing.com)

**WANT TO PARTNER WITH PREMIEWORLD?**

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

## AFTER THE NICU

October is Pregnancy & Infant Loss Awareness Month. In 1988, President Ronald Reagan declared October as a month to recognize the unique grief of bereaved parents who have suffered such a tragic loss due to stillbirth, miscarriage, SIDS, illness or prematurity. How can we support the many angel parents in our community? Here are some helpful tips on things to say and NOT to say:

- **What NOT to say:** *"It will get better in time."* For those many of us who have lost a loved one, we know that grief evolves but never ends. Loss of a child is the greatest and no amount of time will give them the life they would've lived had their child survived.
- **What to say:** *"What do you need most today?"* Be a listening ear. Sometimes the best thing to say is nothing at all. Just be. Listen. Empathize.

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



## PREEMIE STORY OF THE MONTH

**CARTER OLDEHOFF AND ARON OLDEHOFF**



**"I have had the most difficult and the best moments of my life in the NICU."**  
- Justina Oldehoff

**Justina Oldehoff** relates, *"In 2019 we experienced preterm labor twice, PPROM twice, 3 NICU journeys, 79 days on bed rest, an emergency c-section, loss of our firstborn, bringing a preemie home, parenting after loss, and all of the emotions that come during and after these experiences."*

Learn more about Justina's journey and **Carter's Cause Foundation**, *"created in honor of our son, Carter to support others going through the NICU or loss journey."*

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



## BRAZILIAN PARENTS OF PREMIES' ASSOCIATION

**OUTREACH: NATIONAL - BRAZIL**



**Denise Suguitani** is a nutritionist who worked for many years in the NICU. In 2011 she started with a blog about prematurity and in 2014, she decided to head the fight for a change in Brazil - the 10th country in the world ranking of prematurity - and founded **The Brazilian Parents of Premies' Association**.

The NGO focuses on 3 pillars: preterm birth prevention, education for HCP and public policies advocating in the interest of families and professionals.

 [continued at premieworld.com/brazilian-parents-preemies](https://premieworld.com/brazilian-parents-preemies)

 [@www.facebook.com/PreemieWorld](https://www.facebook.com/PreemieWorld)  
[@www.instagram.com/premieworld](https://www.instagram.com/premieworld)

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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 life lesson did you learn from the NICU?*

@juliann1881: Be receptive to help when it comes. This is NOT a place where you want to be alone because you have no idea how long you're going to be there. Let people help you...you may not want to be that vulnerable, but in the NICU you are already vulnerable, so let people help you.

@mrsvandesand: Take time to recognize the tiniest victories or milestones in life. They add up and they're all worth celebrating.

@magimaan: The only thing that matters is your health.

## NON-PROFIT NEWS

### NEC SOCIETY

Fall 2020 Webinar Series

### HAND TO HOLD

Virtual support for: Black Mamas of the NICU.



see more at [premieworld.com/npnews-2020-Oct](http://premieworld.com/npnews-2020-Oct)

## WANT TO SEE YOUR NEWS HERE?

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



## WHAT'S NEW?

### PREMIOWORLD NEWS



- The DCReport.org featured an article highlighting **Deb Discenza** entitled "Parents Are Unwittingly Poisoning their Babies." Read it here - <http://premie.us/DCReportDeb-Discenza>
- **Jenné Johns**, Founder of **Once Upon a Premie** is launching virtual health & racial equity trainings for perinatal & neonatal professionals through, **Once Upon a Premie Academy**. Read her interview blog with Deb Discenza: - [premie.us/OUA-PAcademy](http://premie.us/OUA-PAcademy)



continued at [premieworld.com/WhatsNew-2020-Oct](http://premieworld.com/WhatsNew-2020-Oct)



## PREEMIE GENIUS



### THE SEE ME GROW MAT

Finally, a growth chart for babies!

The See Me Grow Mat is the first and only growth chart, nap mat, changing pad, and keepsake all combined into one.



[premieworld.com/premiegenius-2020-Oct](http://premieworld.com/premiegenius-2020-Oct)



## PREMIOWORLD TAGS

### DARRYL TYRONE JOHNSON III



“ Meet Amazing Tre'!

Darryl Tyrone Johnson III (Tre') was born at 23 weeks, weighing 1 lb, 9 oz. Tre' spent 179 days in the NICU.

Today, Tre' is 9 months/5 months adjusted. He is able to drink from a bottle, he puts things up to his mouth, he babbles and laughs. ”

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



continued at [premieworld.com/PWtags-2020-Oct](http://premieworld.com/PWtags-2020-Oct)



## PREEMIE FREEBIES

### STAYING #RSVFREE WITH #PREMIOWORLD

RSV Season is here – are you ready? Download this helpful freebie with suggestions on how to help keep you and your preemie RSV free. *Ahora disponible en Español.*



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



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