



# preemiePRO

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)

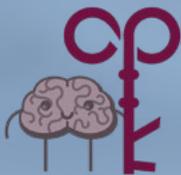
## STRATEGIC PARTNERS

PROLACTA BIOSCIENCE



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

KEY TO CP



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

CRYSTAL BALL HEALTH



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

## WANT TO PARTNER WITH PREMIEWORLD?

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

## INDUSTRY NEWS

Preemie Crystal Ball is excited to provide a new freebie available to download. Our "Dear Doctor: I was Premature" form is the perfect tool for preemie parents and adult preemies to provide to their doctors. This hand typeable PDF allows you to provide all the necessary medical information pertaining to your preemie or to yourself as an adult preemie. Check it out!

View or download this printable, writable freebie letter to your preemie doctor: <https://preemie.us/FreebieCBH>

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



## KARA WAHLIN, LMFT

FOUNDER OF NICU HEALING



“Therapy is not only for the “weak” or “sick”: therapy is meant to be for “everyone” to recalibrate themselves and to find new perspectives on their troubles...”

- Kara

I chose my profession because I saw a way to integrate creativity, social justice, human connection, and manifesting change into one field.

I see my role as being the person who can reflect back my clients' strengths, gifts, and values in order to help them construct a clear path out of their challenges, as well as to make meaning out of the challenges. I have to say that I love my profession, and I always have. I consider it an honor to be able to hear my clients' stories and to witness them as they manifest change in their lives.

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



## PENELOPE PROJECT

OUTREACH: UNITED STATES/CANADA



Penelope Project was created after Founder, Bryana Miranda realized there was a gap in postpartum support for NICU parents.

Through Bryana's NICU experience and the lack of support she encountered, Penelope Project was created to help make sure no other NICU parent ever felt like she did. Penelope Project focuses on all current and veteran parents.

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

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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 premie 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.



## PREMIERWORLD TAGS

### ABIGAIL GRACE ARAGON

“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.



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

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)



## WHAT'S NEW?

### PREMIERWORLD LIVE INTERVIEWS ON INSTAGRAM



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

Do you have something to share with our premier 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)

## PREMIE 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)

## PREMIE STORY OF THE MONTH



### OLIVER ELIJAH YU



“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 heart-beat, I was confused and heartbroken.”

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

- Oliver's Mommy



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



## PREMIE FREEBIES

### FATHER'S DAY NOTE

Looking for a special way to say “Happy Father's Day” to your special premie dad? Download *A Special Note To My Premie 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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