



Preemie Family

Preemie Life

Audrey Cassandra Keating



Photo Credit: Keating Family

Gestational Age at Birth:
28 weeks

Weight at Birth:
1 lb. 13 oz. (830 grams)

Days in the NICU:
75

Proudest Moment (NICU):
When we came in the morning and there was a "Kilo Club" certificate at her bedside.

*Coming Soon:
Check*

*www.PreemieWorld.com
to see how Audrey
is doing now.*

Parent Tip:

*Ask questions.
Even if you've already
asked. And even if you
are scared of the answer.*

Advocate: World Braille Day

The 4th of January 2016 is World Braille Day due to it being the birthday of Louis Braille who invented this code in 1821. In our community of preemie parents we have many families affected by blindness due to Retinopathy of Prematurity (ROP). Braille is used worldwide. To learn more about the individual behind it, go here to find out more: <http://bit.ly/BrailleDay>

Preemie Resource: Feeding & Swallowing Disorders

PreemieWorld provides a number of free handouts to be used in the NICU and beyond in its "Freebies For You" section of the website. **This month's freebie is "Feeding & Swallowing Disorders."** "Feeding is one of the issues I hear about consistently," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "In the NICU parents are excited to see their baby be

able to eat by tube, by bottle or by breast. But the reality is that many of these kids have ongoing feeding issues." Parents and professionals alike will appreciate this freebie in that it is easy to print and reproduce. **So go download it here now:** <http://bit.ly/FeedingIssues> And **check out many more here:** <http://bit.ly/PreemieFreebies>

To Do List



CONGRATS: Sheri Ricciardo won the Deanna Fei Book *Girl in Glass* and Sarah Harris won the *little man* DVD



LIKED US YET?: PreemieWorld is doing another PreemieWorld Facebook page contest. See page 2 of this newsletter for details!



Download PreemieWorld's FREE tools <http://bit.ly/PreemieFreebies> to use and to pass onto others.



MARK YOUR CALENDAR!

Support for Infant Loss
Preemies Today
January 7, 2016
McLean, VA
www.PreemiesToday.com

Preemie Playgroup
January 14, 2016
Chantilly, VA
www.PreemiesToday.com

*Have an event you want to share
with our community? Contact us at:
connect@preemieworld.com*

*Tools and Resources
for the Preemie Community*

Term: Retinopathy of Prematurity (ROP)

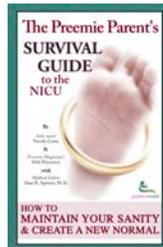
Retinopathy of Prematurity (ROP):

An eye disease that affects the Preemie population. ROP has a number of stages and can ultimately lead to vision damage or even partial/full blindness as a result of *too much* oxygen, or frequently changing blood levels of oxygen and carbon dioxide.



Questions to Ask the Doctor:

1. Is my baby at risk for ROP? If my baby is at risk, when will the specialist do the eye exam? And when will you know that he is no longer at risk for ROP?
2. Is there anything I can do to make my baby more comfortable during this exam?
3. If there is ROP, what is the stage and what interventions will be taken? Prognosis?



This excerpt is from
The Preemie Parent's Guide to Survival in
the NICU on sale at www.PreemieWorld.com

We do bulk orders for hospitals
connect@preemieworld.com

Support: Today is a Good Day

After having identical twin girls at 23 weeks and 5 days and saying goodbye to one of them 2 weeks later, Paul & Martha Sharkey wanted to help families "celebrate the good days."

Established: 2014

Outreach: Philadelphia area as well as mailing care packages across the country upon request.

Web: www.tiagd.org

Programs: Care packages including a journal, water bottle, a copy of *On the Night You Were Born*, and "One Day at a Time" bracelets in TIAGD tote bags along with mirrors to NICUs for use during Kangaroo Care sessions.

TODAY is a Good Day
Helping families navigate
the NICU journey

PreemieWorld: "Like" Us On Facebook & You Could Win!



Visit PreemieWorld's FB page at:
<http://bit.ly/FBPreemie>

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from 1/5/16 to 1/22/16 and you
could win a copy of the award-
winning *little man* DVD from
PreemieWorld!**

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Parents & Professionals:
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today @ www.PreemieWorld.com



The Details:

By:

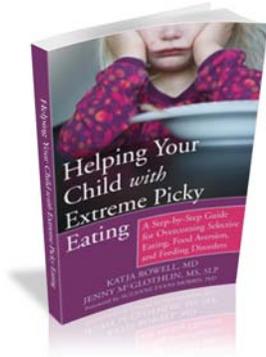
Katja Rowell & Jenny McGlothlin

Available at:

www.Amazon.com

Cost:

\$16.95



Book: Helping your child with Extreme Picky Eating

Picky Eaters can often drive parents to distraction with seemingly random and arbitrary eating habits. In this book, Katja Rowell and Jenny McGlothlin outline tips, tools, and coping mechanisms to help parents draw out the food lover that can present itself in any child. While some of the techniques described in the book are novel, there is nothing earth shattering or overly difficult for a frustrated parent to implement. Feeding your child can be overwhelming in many preemie households, and this book offers strategies that can prevent the dinner table from becoming a war zone.

We're giving away this book!
Follow us on Twitter by 1/22/16 to enter: <http://bit.ly/PremieTweets>

After the NICU: Premie Parent Resolutions

With 2016 upon us, let's think out some preemie parent resolutions:

- It is also about *you*: Find a way for someone to help out with the kids so you can get out for a much-needed coffee break or lunch with friends. Doing so helps you but also your family's well being.
- It is also about *us*: Resolve to have date time with your partner for at least a couple of hours. It could be dinner, coffee, dessert.
- Thank your favorite professional and tell him/her *why* in detail. They likely need it today. Their job is hard, too.

Tweet Us: What's your #premienewyear resolution?

Premie Support Online

On the Premie Support Forum on INSPIRE:

Connect with *over 24,000 parents of preemies online for free* at www.Inspire.com/preemie for the *Premie Support forum*. It is the largest and most active forum online, *moderated by PremieWorld's own Deb Discenza*.

Lung Collapse Success Stories – *In the NICU/PICU*

Bottle Feeding Struggling – (*Preemies with Feeding Issues*)

My 28 Week 4 Day Premie Home – *Premie Hope*

Isolation – Sick Mother in Law – Am I Wrong? – *At Home (Years 1-5)*

Preemies Growing Up – *At School (Years 6-12)*

On PremieWorld's Twitter Page:

PREEMIE UPDATE: Avery, Lily & Zoe

On PremieWorld's Facebook Page:

STUDY: Premature Babies in Intensive Care at Risk from Tobacco Toxins Brought in on the Clothes & Skin

On PremieWorld's LinkedIN Group:

RESEARCH: Reducing the Stress on Premies

THOUGHTS: Nurses' Work Environment Affects Rates of Babies Discharged from NICU on Breast Milk

Get "Social" With Us!



www.PremieWorld.com
www.LittleMantheMovie.com



@PremieWorld



- PremieWorld
- Premie Parent's Survival Guide to the NICU



PremieWorld



Check out other LinkedIN groups we moderate:

- NICU Professionals
- Early Intervention Professionals
- Premie Parent Support Group Leaders
- Premie Parents

Tools and Resources for the Premie Community



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Preemie Parent Words: 12 Years to Get Through Feeding Challenges

Deb Discenza *provides personal wisdom regarding feeding therapy to parents and professionals.*

As I write this column, my daughter is a little over 12 years old and *finally* eating a proper diet. It didn't happen without a lot of work on part of my daughter, my husband and myself not to mention the feeding therapists. The last 12 years were spent struggling with textures, sensory issues, developmental delays, developmental diagnoses and more. We had Early Intervention involved, then ChildFind Preschool, then Special Education. Our pediatrician didn't have the knowledge to know more than to weigh her and chart her growth curve, so I was on my own. I, like so many

preemie parents have struggled to get things righted yet had no back-up, no support. In my mind it shouldn't have taken 12 years to get to this point.

To Parents: Never, ever think that feeding issues are no big deal. If the pediatrician or other specialists cannot give you a proper idea of what to do, contact www.FeedingMatters.org - now.

To Professionals: If you don't know enough about feeding issues, say so, but suggest to the parent that they reach out to a specialist for guidance. Feeding Matters (link above), is a resource that I highly recommend for both parents and professionals.