



# Preemie Family

## Preemie Life

### *Henry Joseph Anicker*



*Photo Credit: Henry's Parents*

**Gestational Age:**  
25 weeks, 2 days

**Weight:**  
1 lbs. 3.65 oz.

**Days in the NICU:**  
109 days

**Proudest Moment (NICU):**  
Our happiest moment in the NICU was holding our son for the first time on Mother's Day.

*Coming Soon!:*  
Check [www.PreemieWorld.com](http://www.PreemieWorld.com) for an update on Henry now!

### Parent Tip:

*Kangaroo Care isn't just for Moms. Its for Dads, too!*

## Advocate: Parents of Premies Day

March 10, 2013 is a special day just for parents of premature babies. Hosted by the non-profit Graham's Foundation ([www.GrahamsFoundation.org](http://www.GrahamsFoundation.org)) this day celebrates a unique population of parents who work hard day in and day out to give their child the best chance at success in life. Celebrate by going to [www.ParentsofPremiesDay.org](http://www.ParentsofPremiesDay.org) today and join in on the fun.

## To Do List



What are you doing for Parents of Premies Day coming up on March 10, 2013? Check out more at [www.ParentsofPremiesDay.org](http://www.ParentsofPremiesDay.org)



CONGRATS to WINNER Amanda Rawn, winner of our latest "little man" DVD contest. Congrats Amanda!



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



### MARK YOUR CALENDAR!

Parents of Premies Day  
Graham's Foundation  
March 10, 2013  
Worldwide  
[www.ParentsofPremiesDay.org](http://www.ParentsofPremiesDay.org)

10<sup>th</sup> Annual Young Child Expo  
& Conference  
April 17-19, 2013  
New York, NY  
[www.YoungChildExpo.com](http://www.YoungChildExpo.com)

Have an event to share? Email us details at [conect@preemie-world.com](mailto:conect@preemie-world.com)

*Tools and Resources  
for the Preemie Community*

## Preemie Resource: Premie Parent Power

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 "Premie Parent Power."** "I wrote this back when *The Premie Parent's Survival Guide* was in its final stages of writing and editing," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "NICU

discharge is a graduation for the baby, but also the parents, too. Giving acknowledgement to their joys and struggles is empowering." 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/ParentPower> **And check out many more here:** <http://bit.ly/PremieFreebies>

Term: Durable Medical Equipment (DME)Support: Project Sweet Peas

**Durable Medical Equipment (DME):** The medical equipment you may need to have at home prior to discharge of your baby. With Premies it can include such items such as oxygen tanks, pulse oximeter monitors for oxygen saturation, monitors for apnea and bradycardia, and feeding tube equipment. If your doctor prescribes any type of DME for home use, you will be trained by a professional on how to use the equipment.



**Deb's Take:** Becky came home on oxygen and an apnea monitor. I was scared to death that I was unable to medically care for her, but swallowed hard and listened to EVERY word the DME trainer told me about the equipment and how to use it. Here I was thinking that post-NICU we'd be bringing home a baby, not all of these accessories. So my husband called me at work one day to let me know the oxygen tanks had been delivered. I will never forget the word he used to describe the big tank in her room: "HUGE." I got home and stared at the pale green tank. "Hey, that's cool," I noted, "Becky's tank kind of matches the décor."

*This excerpt is from **The Premie Parent's Guide to Survival to the NICU** on sale at [www.PremieWorld.com](http://www.PremieWorld.com)*



**Year Established:** 2003

**Web:** [www.PremiesToday.org](http://www.PremiesToday.org)

**Focus:**

Supporting families affected by prematurity from birth through childhood. Outreach is regional (Washington, DC area) as well as national.

**Programs:**

Parent-to-Parent program, blog, webinars and list-serve. On 3/10/13, Premies Today will have its 7th NICU Baby Shower. Also in March Premies Today will be sponsoring a webinar on attachment and children born prematurely.

PreemieWorld: 15% Off Special

**In honor of Parents of Premies Day, [www.PremieWorld.com](http://www.PremieWorld.com) is offering a 15% coupon code for use in its store from February 28 - March 31, 2013!**



*Visit PremieWorld's Store at [www.PremieWorld.com](http://www.PremieWorld.com)*

**All Products:**

- *The Premie Parent's Survival Guide to the NICU*
- *Premie Tags*
- *PremieWorld Fever Kits*
- *"little man" Documentary for Professionals*

**Coupon Code: PREMIEPARENT0313**

Parents & Professionals:

*Subscribe to our FREE newsletters today @ [www.PremieWorld.com](http://www.PremieWorld.com)*

## Preemie Genius: PAL® for Premies

### The Details:

#### **Name:**

Pacifier Activated Lullaby (PAL®)

#### **By:**

Powers Device Technologies, Inc.

Est: 2010

#### **The Website:**

[www.powersdt.com](http://www.powersdt.com)



### The Genius:

Based on the research conducted at Florida State University by Jayne Standley, Ph.D. that shows that premature babies increased their sucking rates 2.5 times when exposed to music, the Pacifier Activated Lullaby (PAL®) device was born. It stimulates non-nutritive sucking (NNS) and organized breath-suck-swallow activity through a pressure transducer system that provides individual lullaby/voice feedback to a correct “suck” technique.

**COOL: Powers Device Technologies, Inc. has established protocol for conducting a PAL® trial for interested NICUs, training provided by Powers DT.**

## After the NICU: Emotions

*Parents of premies are often at a loss to handle the myriad of emotions during the stay in the NICU and so it gets shoved to the bottom of the mental “to do” list.*

*Research shows that parents of premies getting emotional support can have a positive effect on their child’s development progress. Consider one of these possibilities:*

- Online Groups – Inspire.com has a Preemie Support forum with over 14,000 parents worldwide.
- Local Preemie Support Group – Check out a group here at the Preemie Parent Alliance site: <http://bit.ly/PPAGroups>
- Talk to a Therapist – Find a couple and ask them if they are experienced in PPD or PTSD.

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## Preemie Support Online

### On the Preemie Support Forum on INSPIRE:

Want to connect with almost 14,000 other parents of premies online? Check out the [www.Inspire.com](http://www.Inspire.com) Preemie Support forum. It is the largest and most active forum online and *moderated by PreemieWorld’s own Deb Discenza*. The forum has “rooms” that range from “In the NICU” to “Going Home and Family” to “Growing Up and Education” and more. Check out some of our topics:

“Cerebral Palsy in Preemie?”

“Older Premies and Neuropsych Evals”

“Slow Growth and Desperate!”

### On PreemieWorld’s Twitter Page:

“Only 75 Signatures to go – Have you signed the RSV Petition to help premies? – [www.RSVPetition.com](http://www.RSVPetition.com)”

### On PreemieWorld’s Facebook Page:

“AWESOME CNN VIDEO: Preemie Rescue Hug Twin-to-Twin – <http://ow.ly/i2hvs>”

### On PreemieWorld’s LinkedIN Group:

“ARTICLE: Plastics Chemical BPA Common in ‘Preemie’ ICU: Study – <http://ow.ly/i1Ciu>”

EVERY PARENT OF A PREEMIE SHOULD READ THIS: Loving Without Liking, A Special Needs Parent Dilemma – <http://ow.ly/i1BB5>”

## Get "Social" With Us!



[www.PremieWorld.com](http://www.PremieWorld.com)  
[www.LittleMantheMovie.com](http://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
- Little Man the Movie


*Tools and Resources  
for the Premie Community*




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"Little man" is every preemie parent's story



[www.littlemanthemovie.com](http://www.littlemanthemovie.com)

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## Q&A with Parents of Premies Day Founder, Nick Hall

*To help us get ready for Parents of Premies Day ([www.ParentsofPremiesDay.org](http://www.ParentsofPremiesDay.org)) on Sunday, March 10, 2013, we checked in with founder Nick Hall:*

**Q:** Why was Parents of Premies Day created?

**A:** Because even though moms and dads of preemies display amazing courage and strength every day, their commitment to their children often goes unrecognized. We just wanted more people to understand that it's moms and dads doing things like standing vigil over isolettes and advocating for medically fragile children who help preemies grow and thrive.

**Q:** So what should this day evoke for parents of preemies?

**A:** Parents of Premies Day is a chance for preemie moms and dads to feel proud of everything they have accomplished and have helped their children accomplish. Parents in general seldom get applauded for what they do, and parents of preemies do so much and bear so much. Knowing that they are being celebrated and that they are appreciated is so important.

