



Preemie Family

Preemie Life

Isaac Nathaniel Green



Photo Credit: Dale K. Green, Sr.

Gest. Age:
24 weeks

Weight:
454 grams

Time In NICU:
104 Days

Proudest Moment (NICU):
When Isaac had the CPAP removed and was able to breathe completely on his own for a few minutes. That moment marked the beginning of the countdown to bringing him home.

Coming Soon: Check www.PreemieWorld.com to see how Isaac is doing now.

Parent Tip:

You can trust the doctors and nurses to care for your baby overnight. Breathe. Allow yourself to go home and get a good night's sleep. Guilt is a useless emotion, so fight against it. Take care of YOURSELF while your baby is receiving round-the-clock care. Your baby needs you to be at your best.

Advocate: Parents of Premies Day

Parents of Premies go above the call of duty when helping their little ones. With that in mind May 4, 2014 is **Parents of Premies Day**. Learn more about this special day get a logo to show off on your Facebook, Twitter and Pinterest pages and more by going to the Graham's Foundation's Parents of Premies Day page here: www.ParentsofPremiesDay.org

Preemie Freebie: Premie Mother's Day Note

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 a special note, "Premie Mother's Day Note."** "Mother's Day in the NICU is tough," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "so we thought a note to the mother from the baby

would be an ideal way to help celebrate the day in a very special way. The note is both loving and a reminder of Mom's importance." Parents and professionals alike will appreciate this freebie in that it is easy to print and reproduce. **Download it here now:** <http://bit.ly/PremieMomsDay> and **check out more like this here:** <http://bit.ly/PreemieFreebies>

To Do List



CONGRATS: [Linda Yang](#) and [Melissa Howell](#) are the winners of the *Life with Grace* book and [Alyson Bolton](#) is the winner of our 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!

Parents of Premies Day
Graham's Foundation
May 4, 2014
www.ParentsofPremiesDay.org

Miracle Babies 5k
Miracle Babies
May 4, 2014
San Diego, CA
www.MiracleBabies.org

3rd Annual Int'l Kangaroo Care Awareness Day
May 15, 2014
<http://on.fb.me/1tRnm9U>

*Tools and Resources
for the Premie Community*

Term: Kangaroo Care

Kangaroo Care (also known as Kangaroo Mother Care):

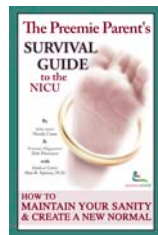
This is a wonderful way to connect with your baby and give him or her the amazing comfort and stability of health. This procedure involves placing your diaper-only baby (plus leads, etc.) on your chest. Quickly you notice that the monitor shows your baby's stats improving and that your baby is much more peaceful and can fall into a very deep slumber. This is something that both moms and dads can do



(though dads need to be prepared for a little chest hair pulling).

One thing that's difficult sometimes in this high-tech world in which we live is to begin to rely more on the monitors and machines than the mother. This is where the natural course of mothering turns out, indeed, to be the best medicine.

Editor's Note: May 15th is the 3rd Annual International Kangaroo Care Awareness Day: <http://on.fb.me/1tRnm9U>



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: Miracle Babies

Miracle  Babies

Health. Respect. Hope.

Year Established: 2009

Web: www.miraclebabies.org

Background: Dr. and Mrs. Sean Daneshmand are the parents of a "miracle baby" born at 34 weeks at the same hospital Dr. Daneshmand practices caring for women with high-risk pregnancies. Out of that experience and with volunteers, Miracle Babies was created.

Programs: Healthy Women, Healthy Children (a program that partners with the YMCA to aid maternal health before and after pregnancy), Family Assistance Program (a grants program based upon assessed needs as well as educational and emotional support), and Raising Miracles (providing information and education regarding development).

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



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award-winning *little man* DVD
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Parents & Professionals:
Subscribe to our FREE newsletters
today @ www.PreemieWorld.com



Kozie Clothes: G-Tube Clothing

The Details:

By:
Kozie Clothes

Website:
www.KozieClothes.com



The Genius:

Who says preemies going home on g-tubes can't be healthy, safe and also be fashionistas? It is thanks to Kozie Clothes' innovative products designed with assistance from pediatric nurses and therapists that infants struggling with feeding can have fun dressing up like everyone else. The one-piece clothing has two gender specific options and the g-tube covers that help prevent leaks come in a wide variety of fun and festive designs.

COOL: One lucky NICU could win a g-tube "fashion" kit of several outfits and g-tube covers courtesy of Kozie Clothes when you sign up for the Premie Family for Pros newsletter list at <http://bit.ly/PremieFam4Pros> from 4/29/14 - 5/23/14.

After the NICU: Mother's Day

Mother's Day after the NICU stay can often be full of highs and lows when you have had a preemie. Maybe you are still on lockdown or you are just coming out of lockdown. Here are some tips for celebrating Mother's Day after the NICU . . . "Premie Style."

- Hold your baby and sing soft lullabies . . . just the two of you.
- Snuggle up with some special Kangaroo Care time. Ask a family member to take a picture.
- Read a book together, cuddled close.
- Take time for yourself: get out for a special treat of coffee and a good book or a quiet walk while Dad or another family member babysits.

Premie Support Online

On the Premie Support Forum on INSPIRE:

Want to connect with *over 18,000 other parents of preemies online?* Check out the www.Inspire.com **Premie Support forum**. It is the largest and most active forum online and *moderated by PremieWorld's own Deb Discenza*. The "rooms" range from "In the NICU" to "Going Home and Family" to "Growing Up and Education" along with more in-depth areas such as "Preemies with CP," "Preemies with Feeding Issues," and "Premie Tips." Check out some of our more recent topics:

"Trach Baby Transportation?"

"Breastfeeding Preemie. What to Expect?"

"My Premie Story ☺"

On PremieWorld's Twitter Page:

"COOL: <3 Premies Logo in Premie Family - <http://bit.ly/PremieFamily25>

On PremieWorld's Facebook Page:

"RADIO SHOW: PTSD & Premie Dads - <http://ow.ly/vVVhu>

On PremieWorld's LinkedIN Group:

PREEMIE UPDATE: The Hanneman Twins - <http://bit.ly/PremieDandD> "

"SPECIAL ON CNN: NICU Helping Hands Helping Babies Who Have Passed Away - <http://ow.ly/v8fGZ>

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

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Q&A: Ideas for Mother's Day in the NICU

While the world takes new mothers out to special brunches and delivers flowers endlessly, Premie Moms in the NICU are often at a loss on this day. Here are some tips for family and friends from PremieWorld's Deb Discenza.

- Bring Mom a special "brunch" to the NICU that is special and nutritious.
- Tell Mom she is an amazing mother.
- Create origami flowers that can be kept in the NICU by the baby's incubator.
- Provide the PremieWorld letter in our "Premie Freebie" section on Page 1.
- If pumping breast milk, provide her with a water bottle with a straw that can be easily sipped from when dehydration occurs.
- Tell her how incredible she is and that she is loved.
- Remind her of that special connection between her and her child. It is unique and important. She is doing right by her baby.