



# Preemie Family

## Preemie Life

### Jayden Jack Brens



Photo Credit: Gena Brens

**Gest. Age:** 32 weeks, 6 Days

**Weight:** 3 lbs. 6 oz.

**NICU Stay:** 25 days

**Proudest Moment (NICU):** After a few days on CPAP, our son transitioned to a nasal cannula to room air a lot faster than we expected. We knew that was one a few large criteria for him to accomplish as we worked toward bringing our son home.

*Coming Soon!*  
Check [www.PreemieWorld.com](http://www.PreemieWorld.com) for Jayden's journey from NICU to now.

### Parent Tip:

*Regardless of what you were taught growing up, the NICU is an extremely difficult place to be. It's okay to ask for help, talk about your emotions or cry. Do not let pride get in the way of processing this life-changing event. It will help you immensely.*

## Advocate: World Blood Donor Day

Every preemie parent and professional is likely to know the life-giving aid of a blood donation. June 14, 2013 is World Blood Donor Day. Take this day to give back by donating blood at your local blood donation center. Perhaps a premature or many "preemies" will benefit from your generosity. To learn more about this day go here: <http://bit.ly/WorldBloodDay>

## Preemie Resource: Tips for Preemie Dads

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 "Tips for Preemie Dads."** "Preemie Dads are often unfairly ignored," comments Deb Discenza, co-Founder of PreemieWorld, LLC. "This sheet gives Preemie Dads tips on how to participate in their

child's care in the NICU, at home, and more. Preemie Dads have a huge impact on their children short-term and long-term." 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/PreemieDads> **And check out many more here:** <http://bit.ly/PreemieFreebies>

## To Do List



**CONGRATS:** Kiley Latow is the winner of our Facebook "likes" contest and the *little man* DVD.



Sending all Preemie Dads a heart-felt Happy Father's Day. You are so important in your child's life!



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



### MARK YOUR CALENDAR!

**NICU H.O.P.E. Meeting**  
Preemie Prints  
June 14, 2013  
Bryan College Station Med Ctr, TX  
[www.PreemiePrints.org](http://www.PreemiePrints.org)

**AWHONN Annual Convention**  
AWHONN  
June 15-19, 2013  
Nashville, TN  
[www.AWHONN.org](http://www.AWHONN.org)

Have an event to share? Email us details at [connect@preemieworld.com](mailto:connect@preemieworld.com)

*Tools and Resources  
for the Preemie Community*

## Preemie Terms: Bilirubin/Bili Lights

### **Bilirubin/Bili Lights:**

Bilirubin is the breakdown product made by the body from old red blood cells that are being removed from the circulation. Bilirubin is processed through the liver, but many premature infants' livers are too underdeveloped to process the by-product known as bilirubin from the blood. This leftover bilirubin accumulates and travels throughout the body



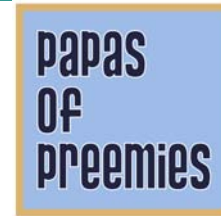
and turns the skin yellow (a condition known as **jaundice**). Bili lights are phototherapy light sources, which help to resolve this issue. Note the old Model-T goggles Becky wears to keep her eyes protected from the lights (see picture).

### **Questions to Ask the Doctor:**

- What is my child's bilirubin level today?
- My child still needs the bili lights, do you have an idea what is causing this to extend in time?
- What else can be done to help my child with this?

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

## Support: Papas of Premies



**Outreach:** National

**Established:** 2012

**Web:** [www.PapasofPremies.com](http://www.PapasofPremies.com)

**Focus:** Advocacy for NICU dads and their families

**Background:** After his son was born 7 weeks early, Joel noticed a lack of a father's presence in a majority of NICU support groups. Papas of Premies was created to help NICU dads and their families navigate their NICU journey.

*Have a support group you want to share? Contact us! [connect@preemieworld.com](mailto:connect@preemieworld.com)*

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



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

**"Like" our FB page  
from 6/1/13 to 6/24/13  
and you could win a copy of the  
award-winning *little man* DVD  
from PreemieWorld!**

<http://bit.ly/FBPreemie>

*Parents & Professionals:  
Subscribe to our FREE newsletters today @  
[www.PreemieWorld.com](http://www.PreemieWorld.com)*

## Preemie Genius: Tamiko

### The Details:

#### **Item:**

Tamiko

#### **Company:**

Sigurast ehf (brand name Tamiko)

#### **Founder:**

Berglind Baldursdottir

#### **Website:**

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



Tamiko

### The Genius:

This NICU-approved clothing is high-quality and made of the softest cotton on the market, specially picked for a preemie's sensitive skin needs. Each outfit is designed with the ability to allow parents and NICU staff to change clothes on the baby with the minimum of disturbance for the baby.

### **CONTEST!**

*PreemieWorld and Tamiko have partnered to supply a winning NICU with a set of preemie outfits. The winner will be selected from those NICUs that sign up for our Preemie Family for Pros list 6/1/13 - 6/24/13 at: <http://bit.ly/PreemieFam4Pros>*

## After the NICU: Father's Day: NICU & Beyond

*Dads in the NICU and at home - know that you make a difference!*

Fathers often feel shut out of the NICU experience but hospitals are quickly realizing that Dads are crucial to Mom's coping and baby's long-term development and socialization. Father's Day tips:

- Read to your child. Your voice is soothing and so is your smell.
- Talk to your child. Again you provide protection and comfort as much as Mom.
- Singing, Kangaroo Care and more are also your strengths as Dad. So don't be shy!

*Have a topic for After the NICU? Send it into us at [connect@preemieworld.com](mailto:connect@preemieworld.com)*

## Preemie Support Online

### On the Preemie Support Forum on INSPIRE:

Want to connect with almost 15,000 other parents of preemies 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 "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" and "Preemies with Feeding Issues." Check out some of our more recent topics:

"Breastfeeding"

"My Preemie is Graduating"

"How to Deal with Meltdowns"

### On PreemieWorld's Twitter Page:

"ARTICLE: Getting Mama's Milk in the NICU - <http://ow.ly/l84fk> "

### On PreemieWorld's Facebook Page:

"COOL: Tiny Preemies get a boost from live music therapy - <http://ow.ly/l83Ex> "

### On PreemieWorld's LinkedIn Group:

"ARTICLE: Preemie Researchers were Purposely Given Wrong Data - <http://ow.ly/l81rn> "

"ARTICLE: Infant Massage Therapy Reduces Stress in Premature Babies - <http://ow.ly/l81H4> "

## 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


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

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## Q& A: A Premie Dad's Perspective on Father's Day

*With Father's Day upon us, we checked in with Papas of Premies founder Joel Brens on the very important (and often left out) Premie Dad perspective.*

**Q:** How did you celebrate your first Father's Day as a "Papa of a Premie," Joel?

We brought our son Jayden home from the NICU a couple of weeks before Father's Day, so we celebrated the day by enjoying each other's company and being grateful for our many blessings.

**Q:** What would you like to tell fathers in the NICU to give them hope and to celebrate Father's Day?

**A:** Every NICU story is different, but there are so

many dads out there who have been through similar situations. You are not alone. Regardless of your circumstances, being a father is such an amazing gift. Embrace the moment!

**Q:** What would you like to tell Dads out of the NICU?

**A:** Sometimes you need to take a step back and realize your child is making progress every day, though it may not be as obvious as you realize. The more involved you are, the greater the progress.

*Check out Papas of Premies great info at:  
[www.PapasofPremies.com](http://www.PapasofPremies.com)*