



Preemie Family

Preemie Life

Caleb Romero



Photo Credit: www.heylittlefighter.com

Parent Tip:

Buy a notebook and use it for doctors' meetings, questions you have and your thoughts. It will help you in more ways than you can imagine!

Gestational Age at Birth:
30 weeks

Weight:
2 lbs 14 oz.

Time In NICU:
144 days

Proudest Moment (NICU):
When Caleb was extubated and we heard his cry, his voice for the first time.

Special Blog:
www.heylittlefighter.com

Coming Soon: Check www.PreemieWorld.com to read how Caleb is doing now.

Advocate: PTSD Awareness Day

PTSD occurs on the battlefield and in any other traumatic situation. Preemie parents are not immune and often do not realize how much the NICU has scarred them. **June 27, 2015** is **Post Traumatic Stress Disorder Awareness Day**. Learn more from the National Child Traumatic Stress Network here: <http://preemie.us/PTSDaware>

To Do List



CONGRATS: **Ashley Reeves** is the winner of *little man* DVD for liking the PreemieWorld Facebook page per our newsletter contest last month. Congrats **Ashley!**



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
June 4, 2015
McLean, VA
www.PreemiesToday.com

Monthly Preemie Playgroup
Preemies Today
June 11, 2015
Wings to Fly Therapy Center - VA
www.PreemiesToday.com

Have an event you want to share with our community?

Tools and Resources for the Preemie Community

Preemie Resource: The Top 10 Things You Need to Know Right Now

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 an oldie but a goodie: *The Top 10 Things You Need to Know Right Now in the NICU.* "Entering the NICU for the first few times was a lot like landing on a different planet. A whole

new world that I didn't understand, a language that I couldn't grasp and more. Add in my overloaded hormonal levels and you have one confused Mom. A copy of this should be in every welcome packet for every parent of a preemie in the NICU. It will save the parents and the staff a lot of time and heartache."

Download it here: <http://preemie.us/Top10NICU>

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Term: PPD & PTSD

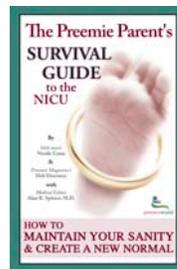
Postpartum Depression (PPD): Many new mothers get this type of depression (also known as the "baby blues") after delivery or the first few months thereafter. Rather than the joys of having a newborn, the mother is depressed, crying, and often distant from her infant. So add that to a new Premie Mom and all of the medical barriers and it is a no-brainer that this has become so common in the NICU.

Post-Traumatic Stress Disorder (PTSD): PTSD happens to anyone who has experienced a traumatic situation either short



term or long-term. Triggers can happen day or night, asleep or awake. Like PPD, it's important to speak to a professional and gain support from family and friends. You are not being a drama queen or king; you have had the shock of your life.

Fact: Moms and Dads are at risk for both PPD and PTSD.



This excerpt is from
The Premie Parent's Guide to Survival in the NICU on sale at
www.PremieWorld.com
 We do bulk orders for hospitals
connect@preemieworld.com

Support: Walk with Wings



In honor of her son Harrison who passed away from SIDS at 8 weeks and 5 days, Keri Gibbins wanted to find a way to support families while also protecting their babies.

Year Established: 2013

Outreach: South Australia

Web: www.walkwithwings.com.au

Programs: Angel Care Sound and Movement Mats for families with a baby born prior to 37 weeks and the Happy Castings with Wings Program provides castings of a baby's hands and feet during the hospital stay for NICU, PICU, SCN, Palliative Care and Stillbirth, infant loss settings.

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



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

"Like" our FB page
from 6/2/15 to 6/26/15 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
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Book: *Your Life After Trauma*

After the NICU: PTSD: Is this YOU?

The Details:

Name:

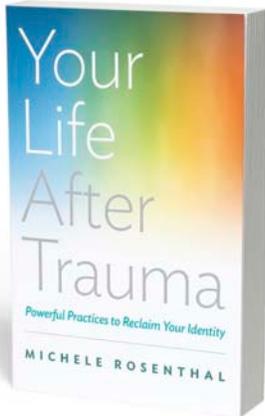
Your Life After Trauma

Author:

Michele Rosenthal

Website:

www.YourLifeAfterTrauma.com



Post-Traumatic Stress Disorder (PTSD) was once focused squarely on those returning from the battlefield. However, we know now that trauma comes in many instances. Parents of preemies are at high risk for PTSD and often suffer in silence.

Rosenthal's book is a powerful way to "reconnect" with oneself due to the life-stopping symptoms of PTSD. Readers will learn about PTSD in personal terms and in scientific terms and then use that along with powerful tools to heal. *Your Life After Trauma* is a must-have for parents of preemies at the NICU discharge.

We are giving away a copy to one of our subscribers! Sign up here: <http://bit.ly/preemie2>

"I never realized I had Post-Traumatic Stress Disorder (PTSD) during the NICU stay until I got home with my daughter," notes PremieWorld's Deb Discenza. Is this YOU? A quick checklist:

- Sudden flashbacks to the NICU.
- Heightened emotions when talking about the baby's birth and the NICU stay.
- Great anxiety, feeling as if things have been "off" since the birth or even beforehand.
- Constant worrying either about the baby, the baby's future.
- Fears about returning to the NICU for visits, reunions.

Any of these can be an indicator of PTSD. It is worth it to ask for help. Find a social worker, a psychologist to help you through this – *now!*

Premie Support Online

On the Premie Support Forum on INSPIRE:

Connect with *over 22,000 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*.

How Did You Financially Do It? – *Working Premie Moms*

Tube-Free Child Doesn't Feel Hunger/Fullness – *Premies with Feeding Issues*

Giving Hope – *At home (years 1-5)*

Introducing Myself – *Introduce Your Very Important Premie (VIP)*

On PremieWorld's Twitter Page:

PREEMIE UPDATE: A Boy with 'Superpowers,' Etienne

On PremieWorld's Facebook Page:

STUDY: Premie Girls Feed Sooner Than Boys

On PremieWorld's LinkedIN Group:

PREEMIE OUTCOMES: Outcomes of Neonates with birth weight less than or equal to 500g: a 20-year experience.

STUDY: Premature Babies May Survive at 22 Weeks if Treated

STUDY: Delayed Cord Clamping for Premies

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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Tip: Mental Health Help is Crucial (Part III)

They say hindsight is 20/20 and that is so true. Deb Discenza, Publisher at PremieWorld, in this third installment, gives insight into what she believes Premie Parents in the NICU right now should know for sure about mental health:

Know that you have been through something extremely traumatic and it is absolutely appropriate to ask for help. Monitor alarms went off as I sat by my daughter's incubator. My hands felt cold and I felt a shudder of fear rise within me. "Help! My daughter's having trouble!" I cried out. But no one was there. And I wasn't there either. I wasn't in the NICU. It was

months after the NICU stay. I was alone in my kitchen after putting my daughter to bed. And yet I could feel the huge anxiety well up within me as if I were back in the unit right then and there.

Asking for help is *crucial* not only for your long-term mental health but also for the future of your child. Research shows that a parents' mental health trouble can translate into challenges for the baby. And yes, Dads can also have Postpartum Depression and PTSD, too. *Take hold of your future. Reach out and call someone for help today.*

#preemieparentpower