



Preemie Family

Preemie Life

Charlotte Aviela Karamjit



Photo Credit: Reuben Karamjit

Gestational Age at Birth:
26 weeks

Weight:
1 lb. 9.3 oz.

Time In NICU:
181 days

Proudest Moment (NICU):
When she grasped my finger with her tiny hand for the first time, as if reassuring me that everything would be okay.

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

Parent Tip:

Spend some quality time with your spouse, away from the NICU as the experience can be taxing on your relationship.

Advocate: Int'l Group B Strep Awareness Month

Many preemies are born due to a variety of infections. Awareness is key for parents to be in order to protect their baby in utero and in the days, weeks and months after birth. With this in mind, **July is International Group B Strep Awareness Month.** Learn more from **Group B Strep International** here: <http://www.groupbstrepinternational.org>.

Preemie Resource: Preemie Tough

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 preemie symbol: Preemie Tough. "Parents consistently refer to their preemies as amazing fighters so we created a logo with a theme that encompasses that in a fun and friendly way,"

notes PreemieWorld's Deb Discenza. "This logo is a perfect item for both family members and professionals to use on their social networks and blogs as a unifying symbol as we celebrate these resilient beings."

Download it here: <http://bit.ly/PreemieTough>

To Do List



CONGRATS: **Rachel Deutsch** has won Michele Rosenthal's book *Your Life After Trauma* and **Sarah Edney-Dutton** wins a copy of the DVD *little man*



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
July 2, 2015
McLean, VA
www.PreemiesToday.com

LGF Chicago Rock 'N' Roll ½ Marathon, 10K, 5K
Little Giraffe Foundation
July 19, 2015
Chicago, IL
www.littlegiraffefoundation.org

Have an event you want to share with our community?

Tools and Resources for the Preemie Community

Term: Rollercoaster

Support: Tiny Beating Hearts

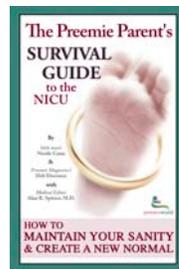
Rollercoaster – Deb’s Take:

You will discover in short order that being on the *rollercoaster* is simply a matter of life in the NICU. It’s like breathing. And just as quickly as a breath comes and goes, you can experience something very drastic to something wonderful and vice versa.

Rollercoaster – Nicole’s Take:

Within the first twenty-four hours I hear the term *rollercoaster* about a hundred times. If I hear the term one more time, I will scream. First of all it is an erroneous term. The rapid

descents into illness are much more terrifying than the 215-foot drop at Magic Mountain. The ride is not a thrill of a lifetime, it is terror heaped upon anxiety. The term is apt only in so far as the inability to regain equilibrium and the great desire to vomit on a daily basis. I wish this were less of a rollercoaster and more of a merry-go-round.



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



After giving birth to a 25-week baby girl in 2009, Petra Akinti Onyegbule saw an abundance of preemie stories in western countries but not in Nigeria. From there the Tiny Beating Hearts Initiative was born.

Year Established: 2013

Outreach: Nigeria

Web: www.TinyBeatingHearts.org

Programs: Designing a grass roots advocacy program on healthy pregnancies with the objective of reducing preterm birth. Our focus groups are women (and men) in rural areas.

PreemieWorld: “Like” Us On Facebook & You Could Win!



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

“Like” our FB page from 6/30/15 to 7/26/15 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 today @ www.PremieWorld.com



The Details:

Name:

Tink and Key

Website:

www.tinkandkey.com



Miracle Baby Shirts

Parents of preemies are proud of their “miracle” babies so why not say so with a shirt?

Tink & Key, a website born out of a NICU Mom’s interest to celebrate miracles, has a full line of tees, onesies and more with a variety of sayings and each with great style. Each item is made with American Apparel Clothing (sweat-shop free).

In the spirit of giving back, the company also features an organization each month to which they donate 10% of the profits.

NICUs, we are picking one Premie Family “professional” subscriber to receive two infant-sized shirts. Not yet a subscriber? Sign up by 7/26/15: <http://bit.ly/PremieFam4Pros>

After the NICU: To Tell or Not to Tell?

It’s the big question as preemies grow up and head into the school years. Do you tell the team or see how your child does? Pros and cons:

- **Pro:** Teachers can keep an eye on your child.
- **Con:** You may feel that your child is being labeled.
- **Pro:** Informed, the teacher could be quick to bring up any concerns so as to be proactive.
- **Con:** The teacher is assuming the worst about your child based on birth history.

Our suggestion? Go meet with the school’s administrator or principal before enrollment and discuss it *off-record*. That way you can ask questions about assessments, services and more that might be available to your child.

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*.

ASD Open Heart Surgery – *Premie Tips*

Preemies Learning How to Feed – *Preemies with Feeding Issues*

Grade 4 Bilateral IVH in 29 Weeker – *In the NICU (years 1-5)*

Underdeveloped Cerebellum – *At School (Years 6-12)*

On PremieWorld’s Twitter Page:

PREEMIE UPDATE: “Fighter” Caleb!

On PremieWorld’s Facebook Page:

STUDY: D & C Procedures May Raise Risk of Preterm Birth

On PremieWorld’s LinkedIN Group:

STUDY: Extreme Premie Infants at No Higher Risk if Included in Clinical Trials

STUDY: Risk Factors for Bronchiolitis Hospitalization in Preterm Newborns

Breastfeeding in the NICU – Deb contributes a special blog post at Milky Mums

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: Premies Are Tough (Part IV)

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

Day in and day out you are getting news that makes you nervous about your baby's outcome but make sure to remember that your preemie is resilient. Premies go through a rollercoaster of health issues in a matter of months, weeks, days and yes, hours and minutes. It is enough to give a parent a nervous breakdown watching one's own child go through challenge after

challenge medically and wonder how they will survive and hopefully, thrive.

Born small, premies are quite resilient, much like their parent. Take a deep breath in and let it slowly out. Your baby may be having trouble today but look back at how far he/she has come and this hindsight view might give you a new perspective.

Premies are Tough. Download our Premie Tough logo and share it on your blog and social networks: <http://bit.ly/PremieTough>

#premietough