



Preemie Family

Preemie Life

Elliott & William Wahlin



Left to Right: Elliott, William
Photo Credit: Wahlin Family

Gestational Age at Birth:
26 weeks and 6 days

Weight:
2 lbs. 10 oz. (William)
2 lbs. 4 oz. (Elliott)

Time In NICU:
6 Days (William died)
88 Days (Elliott)

Proudest Moment (NICU):
Elliott: Skin-to-skin, first time

William: Being able to hold my sweet boy as he transitioned and the moments he was able to hang on and just be with his father and I.

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

Parent Tip:

Take as many pictures as you can. When William was sick, I was so lost and overwhelmed that I thought I wouldn't want any documentation of that time in our lives. Yet later I ached to see the photos from that time.

Advocate: World Breastfeeding Week

Breast milk is true medicine for preemies. We applaud not only those who succeed in breastfeeding but also in pumping and also in just trying. Preemie Moms *know* how hard it is to breastfeed a premature infant. And so we celebrate all of them as we head into **World Breastfeeding Week on August 1-7, 2015**. More information here: <http://worldbreastfeedingweek.org>

Preemie Resource: Preemie Moms are 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 another preemie symbol:

Preemie Moms are Tough. "Just as preemies are tough, so is the Preemie Mom. She is strong even if she may not feel that way. She is powerful and she matters in

the long-term outcome of that preemie," 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 to celebrate these very special Moms."

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

To Do List



CONGRATS: Jill Rabin won the "Preemie Miracle" shirts from Tink & Key and Alex Vitti won the *little man* DVD. Congrats to our winners!



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
August 6, 2015
McLean, VA
www.PreemiesToday.com

Waterslides and Family Fun Day
Tiny Life at Belfast Harlequin's RFC
August 22, 2015
Belfast, Ireland
<http://preemie.us/TinyLifeWater>

Have an event you want to share with our community? Contact us at:
connect@preemieworld.com

*Tools and Resources
for the Preemie Community*

Term: Occupational Therapist

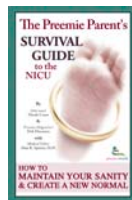
Support: Ella Bullis Foundation

Occupational Therapist (OT):

A specialist trained to deal with the myriad of stages of development from a muscular and neurological standpoint. They will also analyze the effects of being born prematurely on the development of your baby's gross and fine motor skills.

Questions to ask the OT during the NICU stay or at home during Early Intervention sessions and beyond:

- At this time, how is my child's muscle tone?
- At this time, is there anything that concerns you about my child's overall development?
- Is there anything that I can do to help my child's needs in this area?
- Is there anything else I should know at this point or in the future to help my baby's development?



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 losing his 27-weeker daughter Ella to NEC at 18 days old, Ron Bullis has made it his mission to create a legacy for his daughter in the form of helping others in need.

Established: January 2, 2009

Outreach: W. Michigan/Nationally

Web: www.ellabullis.org

FB: www.facebook.com/ellabullis

Focus: Provide support and resources to families that have been impacted by premature birth or infant loss. Assist with requests for items such as travel (gas cards), food (meal passes), and housing (rent/mortgage payment).

Event: A Walk to Remember – learn more at the website or Facebook page.

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



"Like" our FB page from 7/28/15 to 8/26/15 and you could win a copy of the award-winning *little man* DVD from PreemieWorld!

<http://bit.ly/FBPreemie>

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

Parents & Professionals:
Subscribe to our FREE newsletters today @ www.PremieWorld.com

**The Details:**

By:
Marie Delanote

Available at:
www.Amazon.com



Book: Healing of the 1 lb. Baby

There is no shortage of Premie Mom memoirs on the market but this one has a unique flavor combined with honesty in a new way. As the mother to Elouisa, a 1-pound baby born to author Marie Delanote, there is a strong spiritual note in the realm of chakras and visual healing methods. The story is compelling and takes the premie experience to a new level. Professionals will also find of interest the insight into the experience of the Premie Mom at bedside as she copes with feelings of guilt and sadness due to the early birth.

We are picking one new PremieWorld Twitter follower to receive a copy of this book. Not following us yet? Follow us by 8/26/15: <http://bit.ly/PremieTweets>

After the NICU: Sensory Issues

*Home from the NICU and the baby is hard to soothe, to sleep? Having feeding issues? Developmental delays? It could be **Sensory Processing Disorder.***

- It is a real disorder and affects many preemies.
- Talk to your pediatrician and request referral to an **Occupational Therapist (OT)** for help. Warning: not all Pediatricians may “get “ this.
- Make sure the OT is certified in evaluating, diagnosing and treating **Sensory Processing Disorder.**
- Learn more from our friends at the **Sensory Processing Disorder Foundation** at:

<http://spdfoundation.net>



Premie Support Online

On the Premie Support Forum on INSPIRE:

Connect with *almost 23,000 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*.

Hearing Tests? – *In the NICU/PICU*

Long-term Intubation Effects? – *In the NICU/PICU*

Baby Channing – *(33-36 Week Premies)*

Things that are different ;) – *At home (years 1-5)*

Global Developmental Delay – *At Home (Years 1-5)*

Hypotonia; Not Using Arms – *Open Discussion*

On PremieWorld's Twitter Page:

PREEMIE UPDATE: See how July Premie of the Month Charlotte is doing now

On PremieWorld's Facebook Page:

THOUGHTS: Open Letter to Dads of the NICU

On PremieWorld's LinkedIn Group:

STUDY: Distinct Naming Convention for babies in NICU can reduce wrong-patient errors by almost 40%

STUDY: 5 Things Your Baby Should Avoid in the NICU

STUDY: Gender Gap with Children's Health Costs

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: Premie Moms Are Tough (Part V)

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

As your baby goes through a rollercoaster of health matters in the NICU, know that it is normal for parents go through their own rollercoaster of emotions and physical stress symptoms. This is the same for the parent of a 23-weeker as it is of a 36-weeker. Know that you are stronger than you realize. It may seem like everything is imploding in your life as you trudge back and forth from the NICU to home and vice versa.

Work stress, family stress, chaotic weather, the car breaking down and more can make you feel beaten down. But try to think of this as less chaos and more in building your Premie Parent muscles. Know that you are like an elite athlete of life and care giving. And yes, even top athletes break down and fall apart in troubled times. The difference is that they get back up and try again. You can, too.

Download our **Premie Moms are Tough** logo and share it on your blog and social networks: <http://preemie.us/PremieMom>

#preemietough