



# Preemie Family

## Preemie Life

### Lakai Kraft



Photo Credit: Kraft Family

**Gestational Age at Birth:**  
23 weeks and 3 days

**Weight:**  
710 grams

**Time In NICU:**  
137 days

**Proudest Moment (NICU):**  
After 71 days on both the conventional and oscillating ventilation, four failed attempts, an endoscope, endless medications, steroids, doctors whispering about a tracheostomy, Lakai extubated to CPAP!

*Coming Soon: Check [www.PreemieWorld.com](http://www.PreemieWorld.com) to read how Lakai is doing now.*

### Parent Tip:

*Reach out and connect to other preemie parents, especially to ones in similar situations to yours who have preemies who are out of the NICU and growing up. Doctors can only tell you so much about the future.*

## Advocate: NICU Awareness Month

Do you work in a NICU or had a baby in the NICU? Not many people understand what a **Neonatal Intensive Care Unit** is and how it is important to honor the patients, the caregivers and the staff members of this special unit. **Project Sweet Peas** has created **Neonatal Intensive Care Awareness Month** for September. Check out more here, pass it on: <http://www.nicuawareness.org>

## FREE: NICU Nurses Day (9/15/15) Logo

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: NICU Nurses are Angels.** "As September is celebrating Neonatal Nurses, we wanted to give NICU Nurses special recognition. They have hard

jobs that not only involve technical expertise but also help to promote the parent/infant bond. They take real ownership of their jobs," notes PreemieWorld's **Deb Discenza**. "It is because of the love and trust of these dedicated nurses that parents can step away for a bit for a bite to eat, go home to sleep and more."

**Download it here:** <http://preemie.us/NICUAngels>

*Follow us on FB, Twitter & LinkedIn!*

© 2015 PreemieWorld, LLC. All Rights Reserved.

## To Do List



**CONGRATS:** [Chelsie Abadie](#) won the book, *The Healing of the 1 lb. Baby* and [Gina Infranca](#) won the 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!**

**10<sup>th</sup> Annual Pickin' for Preemies**  
Cook Childrens Hospital  
September 7, 2015  
Billy Bob's Texas in Fort Worth, Texas  
[www.txrdr.com/pickin](http://www.txrdr.com/pickin)

**Preemie Playgroup**

Preemies Today  
September 10, 2015  
Chantilly, VA  
[www.PreemiesToday.com](http://www.PreemiesToday.com)

*Have an event you want to share with our community? Contact us at: [connect@preemieworld.com](mailto:connect@preemieworld.com)*

*Tools and Resources  
for the Preemie Community*

## Preemie Terms: NICU

### **Neonatal Intensive Care Unit (NICU) (aka Special Care Baby Unit/SCBU):**

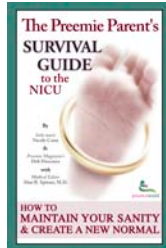
Area of the hospital in which your Preemie will be staying until Discharge Day. Levels of care are distinguished by specialty. All hospitals have variations on their NICU classifications, but generally they fall in one of three "level" categories:

*Level I:* Support fairly uncomplicated late pre-term births from 35 weeks and up.



*Level II:* Support births from 32 weeks up and do not require high maintenance care. This hospital will usually have a neonatologist on staff and a nursery devoted to NICU infants.

*Level III:* Supports full-on NICU with neonatologists, neonatal nurses, and respiratory therapists. Handles the most severe cases of prematurity and those that may require surgery.



*This excerpt is from  
The Preemie Parent's Guide to Survival in  
the NICU on sale at [www.PreemieWorld.com](http://www.PreemieWorld.com)  
\*\*We do bulk orders for hospitals\*\*  
[connect@preemieworld.com](mailto:connect@preemieworld.com)*

## Support:

### Made for a Miracle

*After having boy/girl twins at 31 weeks due to placental abruption Angelina Castleberry was so inspired by those that reached out to help her that she wanted to pay it forward to other families with **Made for a Miracle.***

**Established:**  
May 2015

**Outreach:**  
Local CA area and then planning on national outreach.

**Web:**  
[www.madeforamiracle.org](http://www.madeforamiracle.org)

**Focus:**  
Provide NICU Care Packages to families in the NICU as well as celebrating the NICU staff and volunteering and participating in the Walk to Remember.

---

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



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

**"Like" our FB page  
from 9/1/15 to 9/26/15 and you  
could win a copy of the award-  
winning *little man* DVD from  
PreemieWorld!**

<http://bit.ly/FBPreemie>

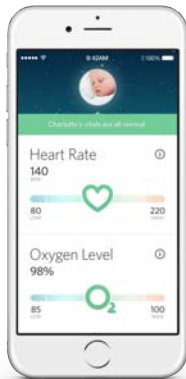
Parents & Professionals:  
Subscribe to our FREE newsletters  
today @ [www.PreemieWorld.com](http://www.PreemieWorld.com)



### The Details:

By:  
Owlet Baby Care

Available at:  
[www.owletcare.com](http://www.owletcare.com)



## Owlet Baby Vitals Monitor

Didn't get discharged from the NICU with a monitor and *freaked out*? The **Owlet Baby Vitals Monitor** is a consumer-grade product that can help.

With a simple device placed in a lightweight but durable and snug baby-sock (with larger socks included in the set to accommodate growth), parents can check on their infant's heart rate and oxygen level in real-time using the Owlet app and receive alerts. The Owlet's base unit is multi-functional as an in-room charging unit, a color-coded notifier of the baby's overall status and a day/night light. *A must-have for preemies!*

*We're giving away one Owlet!  
Follow us on Twitter by 9/26/15 to enter: <http://bit.ly/PremieTweets>*

## After the NICU: Visiting the Nurses

*Discharge from the NICU is a huge relief, but you will find that you'll want to go back and visit the nurses. Ideas for all budgets:*

- **Cake!** Bring them a cake for either the calendar age birthday or the adjusted age birthday, your pick! The team loves treats!
- **Not a baker?** Bring them a care package full of snacks and a love note from your preemie along with a current picture.
- **Clothes!** Have some old preemie clothes to give away? Donate them to the unit. Both the nurses and their families will be grateful.
- **The idea of going near the NICU makes you nervous?** Mail a love note with a current picture of your baby now. Even better print out our logo on p. 1 and write a special note on it.

## 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](http://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*.

Been on Vent for 4 Months & May Have to Get Trach - *In the NICU/PICU*

Hydrocephalus Fluid Increasing- *In the NICU/PICU*

Spouse Refusing to Get Vaccinated - *(Fathers of Premies)*

PT Questions and Concerns - *Premie Hope*

### On PremieWorld's Twitter Page:

PREEMIE UPDATE: See an Update on Premie Twins Elliott & William

### On PremieWorld's Facebook Page:

PremieWorld's Deb Tells Her Story & Gives Insight to Bettering Outcomes to NIDCAP

### On PremieWorld's LinkedIN Group:

RESEARCH: ADHD Risk Rises for Each Week A Premie is Born Early

RESEARCH: Personal Clothing May Spread Respiratory Infections Within the NICU

STUDY: Shorter Women at Higher Risk for Premie

## 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

*Tools and Resources  
for the Premie Community*



Prolonged, effective, safe, and hands-free Kangaroo Care sessions. Guaranteed.

 kangaroozak.

 nurtured by design  
It's in your hands.

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



**Preemie Rattles**

Developed by a Physical Therapist

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

(407) 230-4491



NICU *Hope* Beads



COMMEMORATE & SHARE

Your NICU journey through jewelry...



[facebook.com/NICUHopeBeads](http://facebook.com/NICUHopeBeads) | 979.635.0825

*Interested in advertising? Contact us at [connect@preemieworld.com](mailto:connect@preemieworld.com)*

## Tip: NICU Nurses Are Angels (Part VI)

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

It is **Neonatal Nurses Month** and parents should know that this event includes the NICU Nurses caring for their infants.

While nurses are highly skilled professionals in neonatal care, they also work hard to bridge the gap between parents and professionals. Their caring spirit takes their expertise to a whole new level, often lending an ear to us parents as we work through

diagnoses, our agonies and our worst fears about our babies' prognoses. They are there when things are low and also there when moments are celebrated. The first hold, the first stabilization off the ventilator, and ultimately discharge day are all moments that NICU Nurses know are precious and important. And when a baby passes away, that is when a NICU Nurse is there to comfort families and create memories that will be consoling later on. Take time to thank your NICU Nurses!

Download our **NICU Nurses Are Angels** logo and share it on your blog and social networks:

<http://preemie.us/NICUAngels>  
#preemietough