



Premie Family



PREEMIE LIFE

Connor Joseph and Curran James Gallagher



Photo Credit: Gallagher Family

Gestational Age at Birth: 32 weeks, 4 days

Weight at Birth:
Connor: 2 lbs 11 oz
Curran: 5 lbs 1 oz

Time in NICU:
Connor: 27 days
Curran: 24 days

Proudest Moment: The night they were born. I knew miracles really did happen.

SEE MORE:

Read more of the Gallaghers' story at www.preemieworld.com

PARENT TIP:

Become part of the team. Ask questions, share responsibilities with the staff . . . and celebrate the birth of your baby!

ADVOCATE: KANGAROO CARE AWARENESS

Mark your calendars for **May 15, 2016** for the **5th Annual International Kangaroo Care Awareness Day** hosted by **Nurtured By Design** (www.NurturedByDesign.com). NBD's web site has all sorts of information and ideas, so check it out and pass it onto parents and pros.



PREEMIE FREEBIE: TOP 10 THINGS YOU NEED TO KNOW NOW

PremieWorld 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 **The Top 10 Things You Need to Know Right Now**. "The NICU is a huge shock," comments **Deb Discenza, Founder of PremieWorld, LLC**. "Everything you knew up until that point is suddenly up-ended and you feel like you are on another planet physically and emotionally. It is a lot to take in at

one time and process. We want parents to know that it is all normal and it is okay to feel the way they do."

DOWNLOAD IT: <http://preemie.us/Top10Premie>

MORE FREEBIES: <http://bit.ly/PremieFreebies>

TO DO LIST:

✓ **CONGRATS!** **Keri Ann Nichelson** won our *little man* DVD and **Steph Wells, LPCC-S** won the *Four Before their Time* book.

✓ **LIKED US YET?:** PremieWorld is doing another PremieWorld Facebook page contest. See page 2 of this newsletter for details!

✓ **DOWNLOAD FREE TOOLS:** From PremieWorld at <http://bit.ly/PremieFreebies> to use and pass onto other Premie Parents.

✓ **MARK YOUR CALENDARS:**
May 1, 2016: Parents of Premies Day
www.grahamsfoundation.org

May 13-15, 2016: Miracle Milk Stroll
www.miraclemilk.org

✓ **CONTACT US:**

- Have an event you want to share with our community?
- Have an organization or product we should know about?
- *Email us at connect@preemieworld.com*

TOOLS AND RESOURCES FOR THE PREEMIE COMMUNITY

TERM:

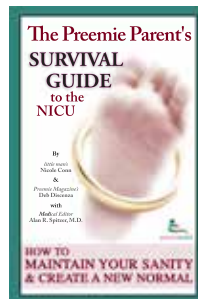
Postpartum Depression & PTSD

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 is 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



SUPPORT:

Glo Premies



After having 3 NICU babies herself, **Ashley Randolph** decided it was time to give back and support other families. Starting in the Sacramento, California region Glo Premie is a new agency working to provide prayer, support, resources and care package to all families in the NICU.

Established: 2016

Outreach: Sacramento, CA

Instagram: [glopreemies916](https://www.instagram.com/glopreemies916)

Programs: The organization is currently starting up its first set of support group meetings, being held on Wednesdays at Valley Hi Family Resource Center. And they are also starting a beauty and empowerment program for NICU Moms. Contact Ashley for more info: glopreemies@gmail.com

PREMIEWORLD: “LIKE US” ON FACEBOOK & YOU COULD WIN!

LIKE US HERE:



<http://bit.ly/FBPreemie>

“Like” our FB page from **4/26/16 to 5/22/16** and you could win a copy of the award-winning *little man* DVD documentary from PremieWorld!



READ AND SUBSCRIBE:

Premie parents and professionals are invited to subscribe to our **FREE** newsletters today @ www.PremieWorld.com

BOOK:



Premie Clothes

by "Premie" by Ranenko
@ <https://ranenko.com>

One of the biggest moments in the NICU stay beyond successfully progressing through breathing assistance methods, navigating the recovery from procedures and health scares is the simple but defining moment of dressing your preemie in his/her first outfit.

Premie, a company based in Ukraine that provides a variety of unique goods from blankets for the NICU to kangaroo care holders to clothing and more.

Premie's clothing from onesies to hats to pants are unique and perfectly tailored for the NICU. They are soft and soothing for fragile skin and also accessible for various tubes and wires.



WIN PREMIE OUTFITS!



Follow us on Twitter by 5/22/16 to enter: <http://bit.ly/PremieTweets>

AFTER THE NICU:

Coming out of RSV Lock-Down

As the weather turns warmer for many people across the globe, RSV season wains and preemie parents everywhere are rejoicing. Nervous about coming out of lock-down? You are not alone.

Baby Steps. Your baby and you will likely be overwhelmed by large groups of people. Take it easy and don't rush out to a large event first thing.

Vigilance is Key. Maybe your child's immune system is stronger but still maintain vigilance and if someone has a "small cold" steer clear. Also stay away from people smoking, too.

SHARE YOUR TIPS:

How was RSV season release for you?
Any surprises? Any challenges?

Use the hash tag *#preemieparentexpert*

PREEMIE FAMILY ONLINE

PREEMIE SUPPORT FORUM ON INSPIRE.COM

Connect with over 26,000 parents of preemies for free at <http://www.inspire.com/groups/preemie> for the **Premie Support Forum**. It is the largest and most active forum online, moderated by our own **Deb Discenza**.

In the NICU/PICU: 28 Weeker - 14 Months Still in NICU/PICU

Premie Tips: My 5 Year Old Preemie Still Talks with "Baby Voice"

33-36 Week Premies: 32 Weeker Might Not Walk?

Introduce Your VIP: 27 Weeker, Going Home on CPAP

@PREEMIEWORLD @TWITTER.COM

Premie Update: The Castleberry Twins

PREEMIEWORLD AT FACEBOOK.COM

Insightful: Life After Premature Birth - Four Years Later

PREEMIEWORLD'S GROUP ON LINKEDIN

Great for Families: Pediatric First Aid/CPR/AED

Cool: Mum's with preemie babies have better breast milk

Study: Prenatal Steroids Reduce Risk of Brain Bleeding in Premies

GET SOCIAL WITH US!



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- www.littlemanthemovie.com



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- www.facebook.com/PremieWorld
- Premie Parent's Survival Guide to the NICU



- www.instagram.com/premieworld



- PremieWorld
- NICU Professionals
- Early Intervention Professionals
- Premie Parent Support Group Leaders
- Premie Parents



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PREMIeworld's "PREMIE SHOWER"

PremieWorld has launched a monthly **Premie Shower!** Each month we will be picking one NICU to receive donated items.

This month's product is **Hug Me Joey (www.HugMeJoey.com)** a company devoted to providing preemies with a safe journey home after discharge and beyond. With rolled up towels and blankets being a safety issue, Hug Me Joey provides a product that solves that issue and gets a preemie around safe and sound.

Hug Me Joey will be donating 6 sets of its Hug Me Joey system which includes a Hug Me Joey, a Hug Me Rolli and a Hug Me Weji.

To be considered, we will select one NICU from our "Premie Family for Professionals" list at www.bit.ly/PremieFam4Pros

NICUs: What do YOU want for a Premie Shower?
Tell us using the hashtag **#premieshower**

