



# Preemie Family



## PREEMIE LIFE

### *Vihaan*



Photo Credit: Vihaan's Family

#### PARENT TIP:

*Don't look too far ahead.  
Focus on what you can do  
for your baby right now.*

[SEE MORE:](#)

Go to [www.preemieworld.com](http://www.preemieworld.com) late June to read more of Vihaan's story.

#### ADVOCATE: PTSD Awareness Day

**Post-Traumatic Stress Disorder (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 PTSD Awareness Day.** Learn more at the National Child Traumatic Stress Network at [www.nctsn.org](http://www.nctsn.org). Join the #preemiePTSD conversation on Twitter.

#### PREEMIE FREEBIE: NICU Social Workers Support Families

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 **NICU Social Workers Support Families**. "NICU Social Workers support families struggling with emotions, with financial and resource needs and more," comments **Deb Disenza, Founder of PreemieWorld, LLC.** "They are the silent workhorses in the Neonatal Intensive Care Units. As the medical team

works to save their infant, the social worker is holding up the families in a variety of ways."

[DOWNLOAD IT:](#)

<http://preemie.us/nicusw>

[MORE FREEBIES:](#)

<http://bit.ly/PreemieFreebies>

# TERM:

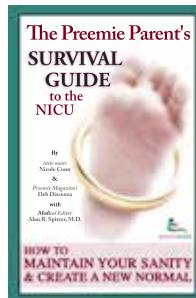
## *Postpartum Depression & PTSD*

**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 Preemie 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 Preemie Parent's Guide  
to Survival in the NICU  
on sale at  
[www.preemieworld.com](http://www.preemieworld.com)*



# SUPPORT:

## *The Superhero Project*



After having 32-week twin boys in the NICU herself, **Kelly Gallagher** saw firsthand the struggles of connecting with one's child, with practical needs while going back and forth from the hospital and more. So she started **The Superhero Project** to make life easier for families after her.

**Established:** 2015

**Outreach:** Pennsylvania & plans to go national

**Website:** [www.superheroprojectinc.org](http://www.superheroprojectinc.org)

**Programs:** NICU baskets for the families, video cameras for the incubators, and in progress is the outfitting of a “Gift of Time” room on maternity wards for families to spend time with their infant that has passed with a Cuddle Cot, beautiful books, comfortable seating, a large washing station as well as cameras and flash drives.

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

LIKE US HERE:



<http://bit.ly/FBPreemie>

“Like” our FB page from **5/31/16 to 6/22/16** and you could win a copy of the award-winning *little man* DVD documentary from PreemieWorld!



## READ AND SUBSCRIBE:

Preemie parents and professionals are invited to subscribe to our **FREE** newsletters today @ [www.PreemieWorld.com](http://www.PreemieWorld.com)

# PREEMIE GENIUS:



## BAMBO Nature Diapers

by Abena North America  
@ <https://www.Abena-NA.com>

One of the decisions left to the last minute in the NICU are diaper brands. With a fragile infant it is important to think out which brand of diapers will best help your infant thrive.

Abena's BAMBO Nature brand diapers are unique in that they are a premium diaper that is "Certified Safe & Eco-Friendly." To the average consumer that means no dangerous chemicals, no allergens, no perfumes.

For a preemie parent or a NICU, that means an infant that is likely prone to skin issues, allergies of all types gets a diaper that is better than the ones on the general market. *This brand is a winner!*



### WIN PREEMIE & SIZE 1 DIAPERS!

Follow us on Twitter by 6/22/16 to enter: <http://bit.ly/PreemieTweets>

# PREEMIE FAMILY ONLINE

## PREEMIE SUPPORT FORUM ON INSPIRE.COM

Connect with almost 27,000 parents of preemies for free at <http://www.inspire.com/groups/preemie> for the Preemie Support Forum. It is the largest and most active forum online, moderated by our own Deb Discenza.

**In the NICU/PICU:** Born at 24 Weeks, Now 4 Months Old

**In the NICU/PICU:** Preemie Discharge

**Preemies with Feeding Issues:** IUGR/Spit Ups

**At Home (Years 1-5):** Persistent Projectile Vomiting at 3 Years of Age

**Introduce Your VIP:** 34 Weeker

# AFTER THE NICU:

## PPD/PTSD Can Happen Later On Post-NICU

Postpartum Depression (PPD) and Post-Traumatic Stress Disorder (PTSD) are common mental health issues in both Moms and Dads in the NICU. But also at home a good while after discharge. Connect with our partner, **Mental Health America** at [www.MentalHealthAmerica.org](http://www.MentalHealthAmerica.org) for screening tools and access to help in your community.

If you think that you don't have the time to get help due to your child's needs, think again. There is direct research relating to PPD in parents and its effects on an infant's development. Get the help and you are helping yourself and your preemie.

## SHARE YOUR TIPS:

Did you have PPD or PTSD?  
Tell us how you are doing now.

Use the hash tag **#preemieparentexpert**

## PREEMIEWORLD @TWITTER.COM

**Preemie Update:** Connor & Curran Gallagher

## PREEMIEWORLD AT FACEBOOK.COM

**STUDY:** Swaddling Tied to Increased Risk of SIDS

## PREEMIEWORLD'S GROUP ON LINKEDIN

**COOL:** An Amazingly Fun Sensory Toy You're Gonna Want!

**GO VIOLET:** Portsmouth Woman Great from Preemie to Top of Her Class

## GET SOCIAL WITH US!



preemieWorld

- [www.preemieworld.com](http://www.preemieworld.com)
- [www.littlemanthemovie.com](http://www.littlemanthemovie.com)



- @PreemieWorld



- [www.facebook.com/PreemieWorld](http://www.facebook.com/PreemieWorld)
- [Preemie Parent's Survival Guide to the NICU](#)



- [www.instagram.com/preemieworld](http://www.instagram.com/preemieworld)



- PreemieWorld
- [NICU Professionals](#)
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- [Preemie Parent Support Group Leaders](#)
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[connect@preemieworld.com](mailto:connect@preemieworld.com)

## PREEMIEWORLD'S "PREEMIE SHOWER"

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

This month's product is **Bambo Nature by Abena North America** ([www.Abena-NA.com](http://www.Abena-NA.com)) a premium diaper company with products that are "Certified Safe & Eco-Friendly." To the average consumer that means no dangerous chemicals, no allergens, no perfumes.

[Abena North America will be donating 6 cases of its Size 1 diapers!](#)

To be considered, we will select one NICU from our "Preemie Family for Professionals" list at [www.bit.ly/PreemieFam4Pros](http://www.bit.ly/PreemieFam4Pros)

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

