



Preemie Family



PREEMIE LIFE

Roxanne Jean Holster



Photo Credit: Amanda Holster

Gestational Age at Birth:
26 weeks, 2 days

Weight at Birth:
1 lb. 12 oz.

Time in NICU:
96 days

Proudest Moment:
Getting to hold my precious girl for the first time at three days old.

PARENT TIP:

Embrace and celebrate the smallest milestones and always remember to smile!

SEE MORE:

Go to www.preemieworld.com late July to read Roxanne's full story.

ADVOCATE: Group Strep B Awareness

Many preemies are born due to a variety of infections. Awareness is key for parents in order to be able 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 the international organization **Group B Strep Support** here: <http://www.gbss.org.uk>

PREEMIE FREEBIE: Group Strep B in Numbers

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 **Group Strep B in Numbers**. "As July is awareness surrounding Group Strep B, our friends at Group Strep B Support have an excellent resource that shows important stats," comments **Deb Discenza, Founder of PremieWorld, LLC**. "While these numbers relate to the United Kingdom, they show the

reality that this is something parents and professionals should be thinking about in the NICU and at home."

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

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

TO DO LIST:

✓ **CONGRATS!** **Lisa Brown** (Premie Shower), **Pam Tabor** (*little man* DVD) & **Angela Cross** (Abena preemie and newborn size diapers).

✓ **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:**
June 9, 2016: *Premie Playgroup*
www.PremiesToday.com

June 9, 2016: *Pins for Premies*
Facebook: [CircleofHopeOP](#)

✓ **CONTACT US:**

- Have an event you want to share with our community?
- Have an organization or product we should know about?
- Know of a family or pro to highlight?
- Email us at connect@preemieworld.com

TOOLS AND RESOURCES FOR THE PREEMIE COMMUNITY

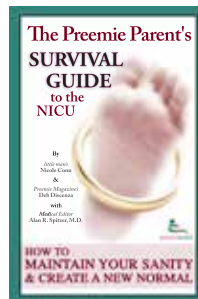
TERM:

Rollercoaster

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 24 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



SUPPORT:

The Gift of Life



After having a premature baby boy, **Rosie Moore** saw a need for reliable NICU support. So she formed **The Gift of Life** to help provide support to families in a variety of ways, understanding that parents' stress level can directly correlate to depression, anxiety and PTSD and affect the development of their infant.

Established:
2015

Outreach:
Orlando, Florida, USA with plans to go national.

Website: www.thegiftoflife27.org

Programs: Admission care packages, discharge packages, NICU baskets for the families, Premie Mentor program, a NICU Care Guide e-book on the website, NICU Visits and more.

PREMIEWORLD: "LIKE US" ON FACEBOOK & YOU COULD WIN!

LIKE US HERE:



<http://bit.ly/FBPreemie>

"Like" our FB page from **6/26/16 to 7/22/16** 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

PREEMIE GENIUS:

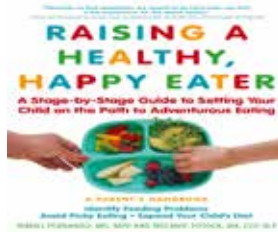


Book: *Raising a Healthy, Happy Eater*

by Nimali Fernando, MD, MPH and
Melanie Potock, MA, CCC-SLP

Whether a preemie is 36 weeks or 22 weeks, one thing all preemies tend to have in common are feeding challenges. In *Raising a Healthy, Happy Eater*, Fernando and Potock have created a guide that takes parents across the feeding spectrum from birth on forward and detailing it in a developmental sense, in a sensory manner and more. Preemies get lots of attention throughout the book and the authors even delve into the topics of "Failure to Thrive" and feeding therapy which is very helpful.

And don't forget the numerous extras on the book's website too: a free toolbox of downloads and the Kitchen Club full of free preview videos with great suggestions:
www.ParentingIntheKitchen.com



WIN THIS BOOK!

Follow us on Twitter by 7/22/16 to enter: <http://bit.ly/PremieTweets>



AFTER THE NICU:

Inappropriate Questions About Your Preemie

Sadly, we live in a society where an infant or toddler tethered to medical equipment or seeming different physically or behaviorally in any fashion invites people with no sense of decency to ask inappropriate questions.

Preemies, unfortunately tend to fall prey to these unbelievably rude questions and comments: "She's so small!" or "What's wrong with him?" or "Does she have disabilities?" or "Is he going to be normal?"

Your answer? A look of silent surprise and then just stare at the person. If they don't get the message, then walk away without saying a word. *They don't deserve a response.*

SHARE YOUR TIPS:

What inappropriate questions have you endured?
How did you handle them?

Use the hash tag [#premieparentexpert](https://twitter.com/premieparentexpert)

PREEMIE FAMILY ONLINE

PREEMIE SUPPORT FORUM ON INSPIRE.COM

Connect with over 27,000 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: NICU Nurse Gifts

Premies with Feeding Issues: Sudden Feeding Issues

At Home (Years 1-5): Best Feeding Clinics in MN - Need Advice

At Home (Years 1-5): How to answer "Is She Going to be Normal?"

@PREEMIEWORLD @TWITTER.COM

PREEMIE UPDATE: Vihaan

PREEMIEWORLD AT FACEBOOK.COM

FATHERS MATTER: Kids Gain More from "Dad Time"

PREEMIEWORLD'S GROUP ON LINKEDIN

RESEARCH: Preemies Get Boost in Pertussis Protection from Mom's Vaccination

CORRECT: Too Much Noise a Problem for Premature Babies

GET SOCIAL WITH US!



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PREMIEWORLD'S "PREEMIE 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 the book **Go Premies!** by **Andy Male** (www.gopremies.com) a book that celebrates famous premies in history and is fascinating for all members of a preemie family.

Go Premies! will be donating 10 copies of its book to one lucky NICU!

We will select one NICU from our "Premie Family for Professionals" list by 7/22/16 at www.bit.ly/PremieFam4Pros

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

