



# Preemie Professional



## PREEMIE PROFESSIONAL

**Shannon Green Hanson, PhD**

*NICU Family Behavioral Specialist*



*Photo Credit: Creative Communications*

### Organization:

Brenner Children's Hospital and  
Novant Health Forsyth Medical  
Center

### Unit in Each Organization:

Neonatal Intensive Care Unit

### Years Helping Premies: 15

**Focus:** As the NICU Family Behavioral Specialist, Dr. Hanson works with families on coping, bonding and stress management. She facilitates communication between the treatment team and families and participates in palliative care and end-of-life discussions.

### PROFESSIONAL TIP:

*Remember many parents must first grieve for the loss of their uncomplicated birth experience.*

## 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](http://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.



## 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?:** PreemieWorld is doing another PreemieWorld Facebook page contest. See page 2 of this newsletter for details!

### ✓ DOWNLOAD FREE TOOLS:

From PreemieWorld at <http://bit.ly/PreemieFreebies> and pass them onto Preemie Parents in their welcome packets.

### ✓ MARK YOUR CALENDARS:

**Pediatric Academic Societies Meeting**  
April 30 - May 3, 2016 in Baltimore, MD, USA  
<https://www.pas.meeting.org>

### PSANZ 2016

May 22-25, 2016 Townsville QLD Australia  
<https://www.pas.meeting.org>

### ✓ CONTACT US:

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

## TOOLS AND RESOURCES FOR THE PREEMIE COMMUNITY

## PREEMIE FREEBIE: TOP 10 THINGS YOU NEED TO KNOW NOW

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 **The Top 10 Things You Need to Know Right Now**. "The NICU is a huge shock," comments **Deb Discenza, Founder of PreemieWorld, 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/Top10Preemie>

### MORE FREEBIES:

<http://bit.ly/PreemieFreebies>

## SUPPORT:

### *Glo Preemies*



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 Preemie 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

**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

## ORGANIZATION:

### *Mental Health America*

Started by **Clifford W. Beers**, an individual who lived with mental illness, **Mental Health America** is guided by the "Before Stage 4 (#B4Stage4) philosophy to treat conditions long before they reach the most critical points in the disease process. Like cancer or heart disease, the organization views mental health as a critical part of overall wellness for all that should not wait years for treatment.

**Established:** 1909

**Outreach:** MHA has 200+ affiliates across 40 states. See website for the list.

**Website:**  
www.mentalhealthamerica.net



**Programs:** Individuals can take a free, confidential, and anonymous mental health screening at [www.mhascreening.org](http://www.mhascreening.org). They can also contact the MHA affiliates to inquire about local programs and services such as support groups and referral services, peer support, trainings, and more.

## 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](http://www.PremieWorld.com)

## PREEMIE GENIUS:



### Preemie 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 PREEMIE OUTFITS!

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



## AFTER THE NICU:

### Coming out of RSV Lockdown

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 lockdown? 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:

Have a preemie parent expert moment with a professional? Tell us and inspire our community!

Use the hashtag [#preemieparentexpert](#)

## PREEMIE PROFESSIONAL ONLINE

### NICU PROFESSIONALS GROUP (LINKEDIN)

**Great Reference 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

### EARLY INTERVENTION PROFESSIONALS GROUP (LINKEDIN)

**Insightful:** Life After Premature Birth - Four Years Later

**Research:** Noise Disrupts the Tactile Skills of Premature Babies.

### @PREEMIEWORLD @TWITTER.COM

**Premie Update:** The Castleberry Twins

**Important:** 7 Things Parents Need to Know about Arsenic in Rice & Rice Cereal

### BE THE SMART PRO FOR FAMILIES

Tell your families about the **Premie Support Forum** on Inspire.com! Our own **Deb Discenza** moderates this **FREE global network of over 26,000 parents from NICU to school**. Visit <https://www.inspire.com/groups/preemie> to learn more.

### FIND OUT HOW TO JOIN THESE GROUPS

Refer to "Get Social with Us" on page 4 for more information. Share news and research with us at [connect@preemieworld.com](mailto:connect@preemieworld.com).

## GET SOCIAL WITH US!



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



- @PremieWorld



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



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



- PremieWorld
- NICU Professionals
- Early Intervention Professionals
- Premie Parent Support Group Leaders
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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 **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 home safely and soundly.

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](http://www.bit.ly/PremieFam4Pros)

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

