



Preemie Professional



PREEMIE PROFESSIONAL

Parijat Deshpande, MS, CWC, CSMC
Perinatal Wellness Counselor



Photo Credit: Tami Weiss

Organization:

Parijat Deshpande, LLC at
www.parijatdeshpande.com

Years Helping Premies: 1

Focus: Parijat is the leading perinatal wellness expert helping women who are at risk for delivering prematurely to help them make simple but powerful changes to their lifestyle so they can have a healthier pregnancy. Her specific interest is in stress and anxiety management during a high-risk pregnancy. She also has an interest in helping women heal from the trauma of a high-risk pregnancy or difficult birth experience.

PROFESSIONAL TIP:

A mother's emotional wellness is just as important for her and her baby as her physical health.

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. Join the #preemiePTSD conversation on Twitter.

PREEMIE FREEBIE: NICU Social Workers Support Families

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 **NICU Social Workers Support Families**. "NICU Social Workers support families struggling with emotions, with financial and resource needs and more," comments **Deb Discenza, Founder of PremieWorld, 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/PremieFreebies>

TO DO LIST:

- ✓ **CONGRATS!** **Shannon Hanson, PhD** (Premie Shower), **Kamie Lambrecht** (*little man* DVD) & **Alim Siddiqui, MD** preemie clothes.
- ✓ **LIKED US YET?:** PremieWorld is doing another PremieWorld Facebook page contest. See page 2 of this newsletter for details!
- ✓ **DOWNLOAD FREE TOOLS:** Free from PremieWorld at <http://bit.ly/PremieFreebies> and pass them onto Premie Parents in their welcome packets.
- ✓ **MARK YOUR CALENDARS:**
 - The Neonatal Society Summer Meeting 2016**
June 23-24, 2016 in Cambridge, U.K.
<https://www.neonatalsociety.ac.uk>
 - 3rd Argentine Congress of Neonatology 2016**
June 29-July 1, 2016, Buenos Aires, Argentina
<https://sap.org.ar>
- ✓ **CONTACT US:** Have an event you want to share with our community? Tell us at connect@premieworld.com

TOOLS AND RESOURCES FOR THE PREEMIE COMMUNITY

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

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.

ORGANIZATION:

Newborn Hope, Inc.

Started in memory of a friend's baby that died of Respiratory Distress Syndrome (RDS), founder **Zoya Dickens Miller**, the organization ran two "November Noel" benefits to fund programs related to the prevention and treatment of RDS. In 1987, it was re-named to **Newborn Hope** and expanded its mission to reduce the rate of premature birth in the state of Colorado and support families coping with a critically ill infant.

Established:
1973

Outreach:
State of Colorado, USA

Website:
www.newbornhope.org



Programs: 1) *Carrying to Term* Premature Birth Prevention Booklet in English and Spanish; 2) Programs of Hope which enhances the lives of premature and critically ill infants and their families; and 3) Zoya D. Miller Educational Conference for healthcare professional in the NICU setting.

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

LIKE US HERE:



<http://bit.ly/FBPreemie>

"Like" our FB page from **5/31/16 - 6/22/16** 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:



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/PremieTweets>

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 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 hashtag [#preemieparentexpert](https://twitter.com/preemieparentexpert)

PREEMIE PROFESSIONAL ONLINE

NICU PROFESSIONALS GROUP (LINKEDIN)

RESEARCH: In Infants with Necrotizing Enterocolitis, Gut Dysbiosis Precedes Disease

NEWS: New Technology is Life-Saving Voice for Premature or Critically-Ill Infants

AGREED: The Privilege of Maternity Leave: What the NICU Taught Me

EARLY INTERVENTION PROFESSIONALS GROUP (LINKEDIN)

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

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

@PREEMIEWORLD @TWITTER.COM

STUDY: Swaddling Tied to Increased Risk of SIDS

LOVE: 15 Ways to Help a Parent with a Baby in the NICU

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 almost 27,000 parents from NICU to adulthood.** 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.

GET SOCIAL WITH US!



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- www.premieworld.com
- www.littlemanthemovie.com



- @PremieWorld



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



- www.instagram.com/premieworld



- [PremieWorld](#)
- [NICU Professionals](#)
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- [Premie Parent Support Group Leaders](#)
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Interested in advertising? Contact us at connect@premieworld.com

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 **Bambo Nature by Abena North America** (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 "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](#)

