



**A NOTE FROM JENNY**

For those who have never experienced the NICU, how do you describe to them what lies behind those solid double doors? How do you explain the wealth of sensory input, the sterilized smells and alarms reverberating throughout the halls? How do you explain the intense and almost debilitating feelings of loss when you reach down to touch your empty belly and the sickening realization that you just can't protect your baby from this journey?

**NICU Awareness Month** is not only designed to honor families experiencing a stay in the neonatal intensive care unit and the AMAZING health professionals who care for them, but also to help more people understand what the NICU is and how a stay of any length can impact the entire family.

This is our time as preemie parents to enlighten the masses, to share our stories -- to educate and reflect. It is also a time to show our appreciation to the many preemie professionals who tirelessly support us. *Parents & Professionals: we honor your dedication in caring for these tiny miracles.* - Jenny, PreemieWorld

 [continued at premieworld.com/note-from-jenny-2021-Sep](https://premieworld.com/note-from-jenny-2021-Sep)

**STRATEGIC PARTNERS**

PROLACTA BIOSCIENCE



prolacta.com

SAGE THERAPEUTICS



sagerx.com

NICU HEALING



nicuhealing.com

ONCE UPON A PREEMIE



onceuponapreemie.com

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**INDUSTRY NEWS**

**CURRENT PREMIE-RELATED RESEARCH AND NEWS**

- Wildfire smoke may be contributing to premature births. - <https://premie.us/WildfireSmokeAndPremies>
- Dads of premies suffer from depression, too - <https://premie.us/DadsOfPremies>
- Study: COVID-19 during pregnancy raises risk for preterm delivery, complications - <https://premie.us/Covid19duringPregnancy>
- New research highlights how postpartum depression impacts mothers and fathers - <https://premie.us/PostpartumDepressionMomandDad>



[continued at premieworld.com/industrynews-2021-Sep](https://premieworld.com/industrynews-2021-Sep)



**ASHLEY RANDOLPH**

**PRESIDENT, GLO PREMIES & ALLIANCE FOR BLACK NICU FAMILIES**



Meet Ashley Randolph, President of GLO Premies and the Alliance for Black NICU Families and NICU Advocate.

*I am a preemie mom of 3 children. It was my passion for prenatal health and public health combined with my life experiences that created GLO Premies, shares Ashley.*

“ It may start rough, but together we can make it easier. ”  
- Ashley Randolph

GLO Premies provides a 3 step program for NICU families. We partner with black NICU led organizations, health insurance companies, hospitals, and research universities to create a world of unity.



[continued at premieworld.com/pro-2021-Sep](https://premieworld.com/pro-2021-Sep)



**NEC UK**

**OUTREACH: NATIONAL**



On the 11th of August 2012, NEC UK was set up as an informal group on social media by Susan Spencer whose son Tobias, sadly died as a result of NEC at just 6 days old. After becoming involved with and volunteering for a local bereavement group, Susan recognized how beneficial peer-to-peer support could be and identified the need for a space where families specifically affected by NEC could come together too.

In December 2018, NEC UK became a registered charity.



[continued at premieworld.com/org-2021-Sep](https://premieworld.com/org-2021-Sep)

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## PREEMIE SWAG



It's not just the cool design or perfect fit—our t-shirts help support our organization.

Each shirt is constructed with 100% fine jersey cotton.



## QUESTION OF THE MONTH

*RSV cases are rising. How are you protecting your preemie?*

- @sisterfriendup: Masks! Good hand hygiene. Talking about it.
- @nuta31\_: There's an age limit on the RSV vaccines. I think with the pandemic, they should be given to older kids.
- @mamabirdhendry: Skin-to-Skin, providing breast milk and breastfeeding is protective.



## PREMIERWORLD TAGS

**KAYNA, KOA, KARIS KIBLER**

“Beautiful triplets, Kayna Aria, Koa Stella and Karis Cyprus were born at 35 weeks and 5 days. They spent 3 weeks in the NICU.



Tag us on Instagram before the 15th of the month for a chance to be highlighted!

Today, these three are 9-months old. They are sitting up, eating solids and their baby teeth are starting to appear! ”

continued at [premiworld.com/PWtags-2021-Sep](https://premiworld.com/PWtags-2021-Sep)



## WHAT'S NEW?

### BREAST PUMP GRANTS



ProLacta Bioscience, the world's leading hospital provider of 100% human milk-based nutritional products for premature and critically ill infants, supported **Breastfeeding Awareness Month** by donating hospital-grade breast pumps to the **Alliance for Black NICU Families**. The Alliance will work with **GLO Premies**, a nonprofit organization dedicated to supporting and empowering past and current Black NICU families, to distribute the breast pumps to underserved parents and families who need them most.



continued at [premiworld.com/WhatsNew-2021-Sep](https://premiworld.com/WhatsNew-2021-Sep)



## PREEMIE GENIUS



### MY NICU WARRIOR JOURNAL

A journal that serves as a guide for preemie parents navigating the NICU from **Stronger Than U Know** AND

a keepsake to reflect on your little one's journey for years to come.



[premiworld.com/premiegenius-2021-Sep](https://premiworld.com/premiegenius-2021-Sep)



## PREEMIE STORY OF THE MONTH

### ALEXIS GRACE BLECK



“Everything I thought I knew about being a mom changed the day Lexi came into this world. She has forever changed me and is a daily reminder that miracles do happen!”

- Tara Bleck

“The morning of April 26th, I woke up with a sharp pain in my abdomen, which I blamed on garlic hummus I had the night before. It had kept me up all night -- the nurse brought me an antacid to try and alleviate the pain, however, shortly after I vomited, and in doing so, caused retinal hemorrhages in both eyes. Yes, that is exactly what it sounds like, my eyes filled with blood. From that point on, it went downhill fast,” shares preemie mom, Tara

“Born at just 28 weeks and 3 days, weighing only 2lbs, Alexis Grace forever changed our world.” ”



continued at [premiworld.com/premiestory-2021-Sep](https://premiworld.com/premiestory-2021-Sep)



## PREEMIE FREEBIES

### OUTCOMES STATISTICS CARD

Our September freebie comes from **Preemie Crystal Ball - Outcomes for Extremely Premature Babies**. Preemie Crystal Ball continues to Power Preemie Research that will help develop supportive and integrative care for prematurity-impacted families. *Ahora disponible en Español!*



get it at [premiworld.com/premie-freebies](https://premiworld.com/premie-freebies)

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