

# GLO PREEMIES

## PREGNANCY + NICU + 18 YEARS AFTER

### Businesses You Should Know

Our monthly list of resources and companies that you should know about.

### *OH SNAP!*

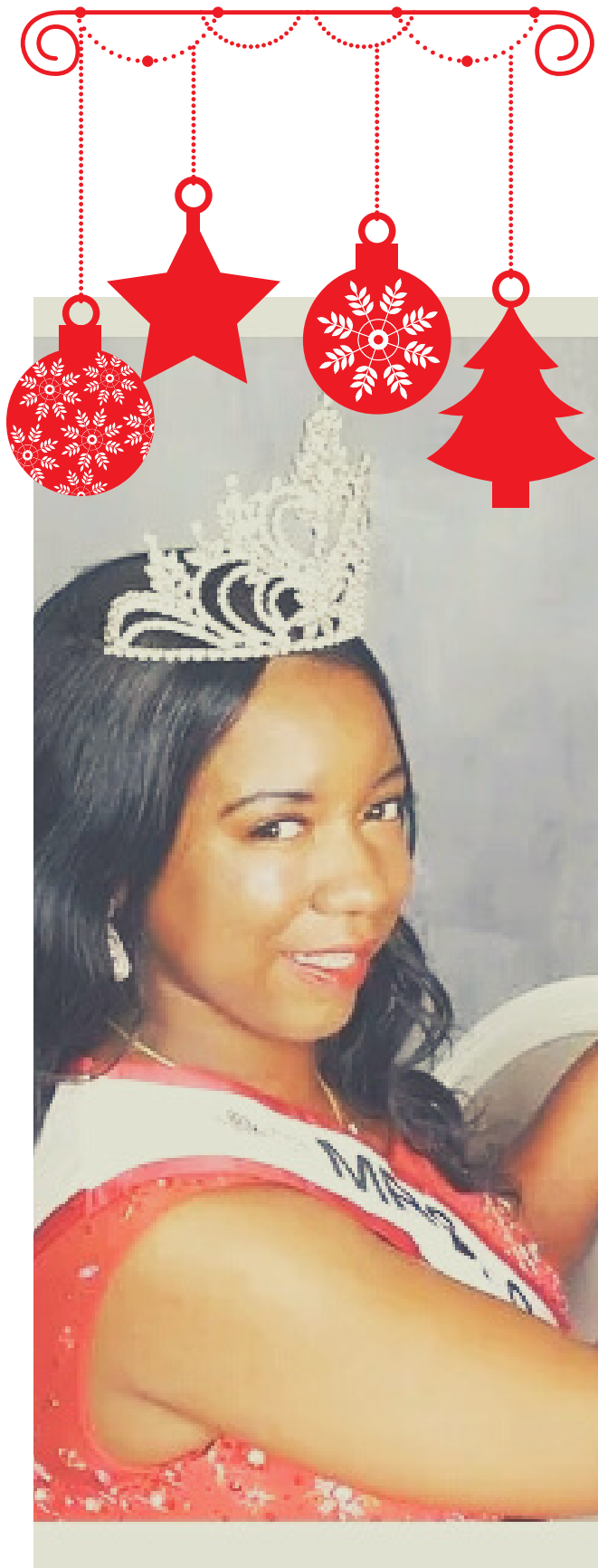
Part 2: Human Milk  
and the benefit of  
it for premature  
babies while in the  
NICU.

### *5 ACTIVITIES FOR INSIDE*

Holiday activities for the entire family!







## editor's note

Hi! My name is Ashley Randolph and I am the President and Founder of GLO Preemies non-profit organization and the Owner of GLO Preemies magazine. I hope that you enjoy this magazine as we connect the world of families around the world.

I am the Mrs. California Virtuous Woman 20201 and the mother of 3 children born premature. Aiden 10 years old, London 6 years old and Jamie 5 years old. I am the author of "Black, Pregnant, and Shamed", Advisory Board Member at CPQCC, President of the Black NICU Alliance, doula, and more. I hope that you enjoy this magazine and feel free to reach out if you would like to ask questions to me or connect to be included in the magazine.

I am looking forward to hearing from you!

**Ashley Randolph**

EDITOR-IN-CHIEF

GLOPREEMIES@GMAIL.COM







# Pregnancy

# GLO PREEMIES

## TIPS TO RELAX

**Above**

Take time this winter to relax and love your belly.

It is the time of year to spread joy and cheer! The holidays is a beautiful time but can also be a very stressful time. Enjoy our tips on how to relax and enjoy your belly for a few moments.

1) Take a warm bath. Put in some bath salts and soak away. Of course always talk to your doctor before putting anything into your bath water.

2) Paint your nails. During pregnancy we tend to forget about our little swollen hands. Take a moment and grab that color you love and paint the stress away.

3) Hot Chocolate and a Movie. What sounds better than watching your favorite movie cuddled up on the couch with a cup of hot chocolate. Bring your favorite snacks!

SHOWER  
YOURSELF  
WITH LOVE  
THIS WINTER.



## IN THE KNOW COLUMN

### COVID-19 AND YOUR DELIVERY

How will COVID-19 impact my delivery experience?

We know that families probably have some questions or concerns about being in a hospital right now. At most hospitals, when you arrive at the hospital, you'll be asked a few questions, then given a mask. Your temperature will be taken. Only one support person will be allowed to stay with you. You'll notice staff, patients and visitors are wearing masks in the hospital for everyone's protection.

You can call ahead to the delivery floor and ask about their current procedures during COVID-19.



# Human Milk:

## PART 2: The Choices We Have

When a mother becomes pregnant we start to lose our minds with things that need to be done and what we should know before the baby comes. We can spend hours looking for the perfect baby bottles for the baby arrival.

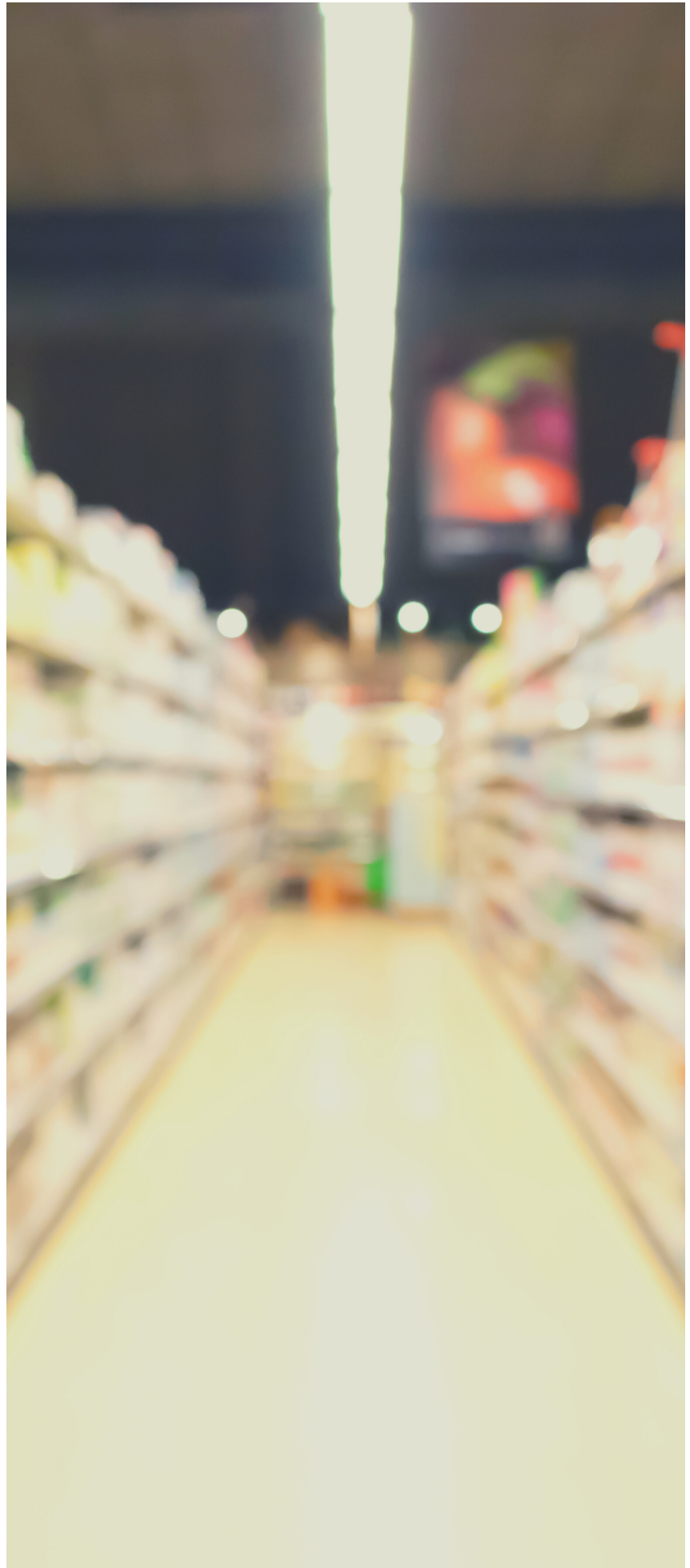
The baby arrives and you are asked the one important question that you have to answer because the baby is hungry "Will you be breastfeeding or formula?" Most moms scream and says of course I want to breast feed. Breast feeding is and will always be a great choice for baby. But what if the milk isn't coming fast enough, you are unable to pump, or quite frankly it isn't what the mom desires to do?

This part 2 will cover the benefits of human milk fortifier. Our choice is from Prolacta Bioscience. Prolacta Bioscience has developed the first purely human fortifier, Prolact-Plus, that can provide a source of many of the required nutrients for premature, newborn infants, particularly protein and calories. This product is made from donor human milk from which the skim (non-lipid portion) has been separated and then concentrated.

We have personally witnessed families who used these products while in the NICU and saw amazing results. Talk to your NICU doctor if you consider this an option for you.

In the next magazine I will cover the benefits of cow-milk formula and highlight companies and their products.

Stay Tuned!





## BOOK: BLACK, PREGNANT, AND SHAMED

This is the never told tell-all book of the experiences of Mrs. California United America. Her story captures the real view of being black and pregnant in America. This book will help support you at the time when you feel the most isolated. You will gain insight to medical care, advocacy, how to overcome racism during your pregnancy, and resources to get through each day of your pregnancy and the NICU. The information shared in this book has already helped thousands of women across the globe. All the stories have never been told together in its entirety. This book is the first book of the three-book trilogy "Success after Premature Births"

Learn more at [www.TheTruthFromAshley.com](http://www.TheTruthFromAshley.com)  
Available on Amazon and LuLu

## THE ZAKY PRODUCTS

Neuro developmental supportive family centered care for every child. The Zaky unwraps the power of each other's touch while you are #TOGETHER and #APART. The Zaky has become even more important during this pandemic.

Learn more at <https://thezaky.com>

## PREEMIE WORLD

PreemieWorld was created to help bridge the gap between parent and professional in the NICU, at home and beyond.

Learn more at [www.PreemieWorld.com](http://www.PreemieWorld.com)

## ONCE UPON A PREEMIE

Once Upon A Premie is a beautiful new way to look at the life of a premie baby. It explores the parent and child Neonatal Intensive Care Unit (NICU) journey in a unique and uplifting way. Buy Once Upon A Premie now, you don't want to miss out!

Learn more at [www.onceuponapremie.com](http://www.onceuponapremie.com)

# NICU TOP 4 NICU PRODUCTS AND RESOURCES





18 Years After

# GLO PREEMIES

## *3 STEP PROGRAM*

*SIGN UP TODAY FOR AN INTAKE APPOINTMENT*



3 STEP

### *STEP 1*

HIGH RISK PREGNANCY

### *STEP 2*

NICU - 4 YEARS OLD

### *STEP 3*

5 YEARS OLD - 18 YEARS OLD





# Tutoring

The 3 step program was created to provide support and resources for families with a high risk pregnancy. Glo Preemies will provide care and services to the entire family until the child turns 18 years old.

The program begins with a collaboration with Families Bridge to Caring Hands which is an agency that is a family centered program dedicated to the education and empowerment of families facing a potential hospitalization of their baby in the Neonatal Intensive Care Unit (NICU). Glo Preemies, Families Bridge to Caring Hands and Hospitals will work together to identify potential high risk patients and will invite those families to an intake appointment.

After joining the 3 step program, pregnant families and current NICU families will receive a custom care box quarterly until the NICU child turns 1 years old. They will also be able to join workshops, classes, free doula care services and receive financial and transportation assistance if needed. If the pregnancy does not end in a NICU stay, that family will graduate from the program.

Once the infant is ready to go home, families will move to the 2nd step which has more services and support. Some examples are: Virtual Home Visitor, Mental Health Support, Financial Assistance.

Step 3 begins at 5 years old, the family will be able to receive the same services plus more such as: Career Support and IEP Reviews. Through a collaboration with Free 2 Read Services, Glo Preemies is able to provide a free month of tutoring services to preemie-born children who are having complications in school.

The 3 step program is inclusive of workshops, free doula services, mental health support, custom care boxes and more. It is available nationwide and is very simple to sign up. If you are high risk pregnant you can join by asking your doctor if the hospital has Families Bridge to Caring Hands at their facility. IF they don't you can submit an application to join the 3 step program online at [www.GLOPreemies.com](http://www.GLOPreemies.com).

For a limited time, current NICU families and families with children who had a NICU stay and is now 2 years old - up to the age of 15 years old can sign up online to be admitted to the program. The deadline is March 1, 2021.

**THE 3 STEP  
PROGRAM WAS  
CREATED TO  
PROVIDE SUPPORT  
AND RESOURCES  
FOR FAMILIES FROM  
PREGNANCY UNTIL  
THE CHILD TURNS  
18. WE ARE  
PROVIDING  
EXCEPTIONAL  
FAMILY CENTERED  
CARE NATIONWIDE!**

PRESIDENT ASHLEY RANDOLPH /

**01 Plinko**

**02 Movie Night**

**03 Bingo**

**04 Holiday Karaoke**

**05 Inside Scavenger  
Hunt**

27

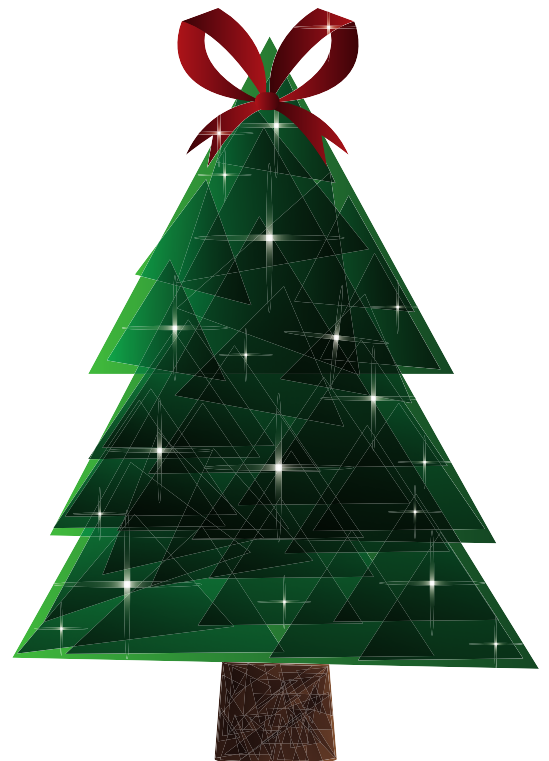


G L O  
P R E E M I E S  
—  
I N D O O R  
A C T I V I T I E S

05



70





Every month we will showcase products, resources, companies, and more that you should know about. If you have a company or product that we should know about send an email to [GLOPreemies@gmail.com](mailto:GLOPreemies@gmail.com).

All family friendly products donated will be placed in our future care boxes. Please email [GLOPreemies@gmail.com](mailto:GLOPreemies@gmail.com) for magazine sponsorship opportunities.

## **FREE 2 READ SERVICES**

A virtual tutoring service for former NICU children who are currently in school and are on medical leave or those who are just returning to school from medical leave.

Learn more at [www.Free2ReadServices.com](http://www.Free2ReadServices.com)

## **ALLIANCE FOR BLACK NICU FAMILIES**

The recent recognition of systemic racism that has found its way even into the NICU -- very tiny black lives are indeed disproportionately impacted. Our Alliance sees a window of opportunity to fight for justice in this arena and asks you to join us.

Learn more at [www.blacknicufamilies.org](http://www.blacknicufamilies.org)

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# **BUSINESSES THAT YOU SHOULD KNOW**





**THANK YOU FOR A  
WONDERFUL YEAR  
SUPPORTING YOU!**

**-GLO PREEMIES  
FAMILY**

**PRESIDENT - ASHLEY RANDOLPH  
ADMINISTRATIVE ASSISTANT- TENISHA ROWDEN  
PROJECT MANAGER - KARA GRAHAM  
VOLUNTEER MANAGMENT - NECOLE MCRAE**