

Ways to Give Back After Having A Preemie

Many parents find a new purpose in life after having a premature baby. Whether they want to make the road a little less bumpy for other preemie parents or they want to help fund research or find ways to educate others, it is part of the process of healing and a way to help others.

- Start a support group for your local NICU. You could provide support, items of use for families during the stay, and even fundraise for needed medical equipment.
- Join or donate to a preemie parent group that will help you support your local NICU or those mothers on bed-rest (check out the Preemie Parent Alliance membership page for groups to connect with here: <http://bit.ly/PPAGroups>).
- Offer to join the Parent Advisory Board for your local NICU.
- Ask your local NICU for opportunities to be a trained “cuddler” in the NICU.
- Join a local support group and offer your volunteer time to help out in fundraising, in organizational matters and more.
- Walk in honor of your baby in the March for Babies Walk held by the March of Dimes (www.MarchofDimes.com) each spring. The funds you raise will go toward research and supporting the organization’s “NICU Family Support Program.”
- Share your wisdom with another parent at school. If your child has had a number of diagnoses over time and you are willing to share your experience with others, consider connecting with your school’s Special Education team to offer your time to speak to other parents one on one in private.
- Consider being a speaker at PTA meetings, at Special Education meetings to talk about the effects of prematurity on a child going to school and how to partner with parents to help make the transition from grade to grade smoother.

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