



recognizing the courage and commitment of parents of premature babies

## There is nothing quite like being a parent of a preemie.

Preemie parents are courageous, rising to the challenges of becoming advocates for their babies and children. Preemie parents are committed, meeting setbacks head on and with hope. And preemie parents face more in a period of months than most moms and dads do in a lifetime. Parents of Premies Day was created to honor everything that these special parents do every day to show support and love for their preemies.

### 10 Ways You Can Celebrate Parents of Premies Day

Here are 10 ways you can share your preemie parent pride on Parents of Premies Day and all year long!

1. Make sure your friends who are parents of preemies know about Parents of Premies Day (<http://parentsofpreemiesday.org>) and plan to meet up at the closest Parents of Premies Day event.
2. If there's no Parents of Premies Day event close by, join the 2013 Parents of Premies Day Twitter chat from 2-3 p.m. EST using #parentsofpreemiesday – register at <http://ppdtwitter.eventbrite.com>.
3. Take some of the preemie clothes you've saved or buy new preemie-sized gowns and hats, and donate them to the NICU that cared for your baby.
4. On Parents of Premies Day or any day of the year, bring a basket of healthy snacks and other goodies to the NICU for visiting moms and dads to eat while their babies are napping.
5. Touch your preemie whenever you can, whether that means firmly cupping their head with your palm through the ports of an isolette or giving them a great big bear hug!
6. Tell a preemie family who has suffered a loss that you are thinking of them and their baby on Parents of Premies Day. They'll be comforted knowing their baby is remembered.
7. Make a donation to Graham's Foundation (<http://grahamsfoundation.org>) to support parents of preemies just beginning their journeys.
8. Talk openly about the impact prematurity has on families. Most people don't know how challenging parenting a preemie truly is, but you can help them understand.
9. Share your prematurity story on your blog, on Facebook, or on the Parents of Premies Day Facebook page, which is active all year long.
10. Take time to really celebrate all you and your preemie have accomplished together – you deserve to take pride in your strength, courage, and commitment!

### 10 Things You Can Do for the Parent of a Preemie Every Day

Parents of preemies weather the challenges prematurity brings more easily when they have a strong network of support. We created this list you can share with anyone who cares about a family affected by prematurity and wants to know how best to help, on Parents of Premies Day and every day.

1. Cheer them on: Saying "You're stronger than you know, and your baby is strong like you." or "Your baby is so beautiful!" really means a lot.
2. Go food shopping for them, then cook, freeze, and share a couple of meals that are easy to reheat.
3. Help them get to and from the hospital when transportation is an issue.
4. Just listen. Parents of preemies may have thoughts or feelings you don't understand, but you don't have to 'get it'.
5. Walk the dog, feed the cat, mow the lawn... anything that gives a preemie parent less to do at home.
6. Be understanding when the mom or dad of a preemie doesn't have a lot of time for you.
7. Let them cry when they need to.
8. Give gifts preemies can use right now, like specially-sized hats or clothes designed for use in NICUs.
9. Reschedule a visit when you know you've been exposed to germs – even if you don't feel sick.
10. Remind them as often as you can that they're a great mom or dad!

