



The mission of the March of Dimes is to improve the health of babies by preventing birth defects, premature birth, and infant mortality.



More than 13 million babies worldwide are born too early each year. One million will not survive. In the United States alone, 1 in 8 babies are born prematurely each year. As the **FCCLA National Education Project**, March of Dimes invites you to continue to make a difference with the March of Dimes.

Health Education

Promote healthy choices with the March of Dimes *teen2teen* Education Series!

In the series, teens speak out candidly on topics that are often on their minds today: sex, smoking, alcohol, drugs, stress, and peer pressure. They talk about the benefits of healthy attitudes and behaviors for teens now and for their babies in the future.

- Plan a health education workshop or ask to speak in your health class, and use the series to talk to peers and middle school students about healthy lifestyles.
- View all videos and access the full curriculum online at marchofdimes.com/youth.



Educate others about the importance of Folic Acid.

Everyone – males and females – need folic acid from puberty throughout life: 400 mcg per day. Taking folic acid before pregnancy can reduce the chance of neural tube defects by up to 75 percent. All women of childbearing age should take 400 micrograms of folic acid each day.



Pick a day and pass out orange juice and green ribbons while informing classmates about the importance of folic acid.

Supporting Babies in the NICU

Babies too small or too sick to go home stay in the hospital's NICU (Neonatal Intensive Care Unit).



Before partaking in any NICU project, please contact your local March of Dimes office for support and resources.

- Conduct a book drive to create a NICU library so parents can read to their babies.
- Collect scrap booking materials and assist with scrap booking groups for moms in the NICU
- Help in arranging NICU Family Support events, such as Family Reunions
- Collect donations of gas cards, restaurant gift cards, or toiletries for families who have to travel long distances to visit the NICU



March for Babies

An Easy & Fun Way to Raise Money for Babies!

- Each year there are hundreds of March for Babies events that take place in communities across the country.
- March for Babies is the March of Dimes' largest fundraiser and typically takes place in late April. **Keep in mind that you can fundraise year-round for the March of Dimes, not just during March for Babies.**
- Visit marchforbabies.org to sign up online as an FCCLA team and find the date and location in your area.
- Each member can create an individual fundraising page and team captains will have a team page to keep track of it all.
- **The Team Youth Captain's guide provides** step-by-step instructions, tips, and ideas to ensure you have a successful March for Babies (available in January).
- Promote the event to your fellow FCCLA members, friends & family by word of mouth, email, and on social media (Facebook, Twitter, etc.).



FCCLA - 2011 Youth Fundraising Partner

FCCLA was honored as the 4th youth fundraising partner nationally for the March of Dimes in 2011

FCCLA leaders joined March of Dimes National leaders to celebrate the volunteer successes of the past year at the 2011 Volunteer Leadership Conference!

Thank you for your continued support and dedication to our mission!



Pictured (left to right): Dr. Francis Collins, Director of National Institutes of Health; Dr. Jennifer Howse, March of Dimes President; Edie Doane, FCCLA Leadership Development Manager; Alex Durham, 2011-2012 FCCLA Vice President of Community Service; Joey Platt, 2010-2011 FCCLA Vice President of Community Service & National Youth Council Member; Troy Ruhanen, 2012 National March for Babies Chair; LaVerne Council, 2011 March for Babies Chair & Current March of Dimes Board of Trustees Chair.

Additional Resources: marchofdimesyouth.com

facebook.com/marchofdimesyouth | youtube.com/marchofdimes | twitter.com/teamyouth

Contact Us: teamyouth@marchofdimes.com