



Get Involved!

Since President Franklin D. Roosevelt founded the March of Dimes in 1938, millions of people have found purpose in working together to protect the lives and health of babies and children. The powerful combination of scientific research and committed volunteers achieved the victory over polio decades ago. And, today, we continue to make strides in the fight against premature birth and birth defects. At the very heart of our 70-year history of success are generations of volunteers. You too can take pride in volunteering for the March of Dimes to help ensure a healthy future for the generations to come. With so many volunteer activities to choose from, there's something for everyone. Join us!

Educate and advocate

- **Spread the word about premature birth** – Just talking about the March of Dimes among your family, friends and colleagues is a valuable volunteer contribution as most people don't know that premature birth happens so often, that its rate is on the rise, or that it is the leading cause of newborn death. Personal stories of premature birth, birth defects, or infant death are especially compelling and reflect how vital our work truly is for America's babies and families.

November is Prematurity Awareness Month. Corporate buildings and public landmarks light up in "Pink and Blue." Educational displays go up in offices, schools, and community centers. Some people send letters to the editors of local newspapers. Others volunteer virtually by sending e-mails, posting a Web banner, or starting a blog.

You will find lots of ideas at marchofdimes.com/everybaby where everyone is encouraged to post their stories about babies born healthy as well as those who must fight to survive and thrive.

- **Share Your Story** – Go to our special Web site shareyourstory.org. In this online community, families of premature or sick babies can connect with others who understand and also find hope and healing.
- **NICU outreach** – Help with projects such as NICU Days of Gratitude honoring NICU staff, NICU reunions, gift baskets, preemie clothing drives, or holiday decorations (often made by youth volunteers) for babies' isolettes. Some chapters also offer an innovative program that provides information and comfort to NICU families: March of Dimes NICU Family Support[®].
- **Call, write or visit your public officials** – March of Dimes volunteers speak out on Capitol Hill and in every state to help mothers and babies gain better access to health care, including through mandates for lifesaving newborn screening tests.

March of Dimes is the champion for babies.
Get involved today at marchofdimes.com/volunteerland!

- **Local education initiatives** – Help plan, promote and attend Prematurity Summits, health and baby fairs or other professional and community education programs. Our Healthy Babies/Healthy Business program, for example, provides free health information in the workplace.
- **Get involved with our Youth programs** – To see the many exciting volunteer activities for youth from elementary school to college, check out marchofdimes.com/youth.
- **Get involved through your Clubs and Organizations** – Volunteer through groups like VFW, Kiwanis International, fraternities and sororities for fundraising activities and community programs such as Project Alpha for young African-American men and Stork's Nest that helps low-income pregnant women.

Raise money

- **March for Babies®** – Come join the fun of the March of Dimes biggest annual fundraiser. Lead a team, join a planning committee, volunteer that day, secure corporate sponsors. Get more information and register online at marchforbabies.org.
- **Change for America's Babies** – There is an estimated \$10.5 billion in spare change sitting in American's homes. Just as volunteers did in the polio days, donate your coins! Details at marchofdimes.com/change. This is a perfect activity for youth volunteers.
- **Light a Little Star®** – Honor a special baby or family and bring hope for all babies and families with this fun-filled event. "Light a Little Star" in your community or set up a virtual event online. Go to lightalittlestar.org.
- **Make connections** – The March of Dimes offer many exciting opportunities for mutually beneficial partnerships. And volunteers like you are our best connections to potential corporate partners and foundation funding! You can also make a big difference helping to support our current corporate sponsors such as Famous Footwear, Kmart and Gymboree, just by visiting their stores to say thanks and to deliver March of Dimes posters etc.
- **Other fundraising activities** – From our Signature Chef's Auctions to FDR Testimonials and golf tournaments to motorcycle RIDEs, there are special events and other local fundraisers that you can participate in throughout the year. Go to our chapter web site for a local calendar.

Other ways to help

- **Recruit other volunteers** – Volunteers recruit other volunteers! This is the most successful recruitment strategy. And with more volunteers we can achieve more.
- **Pro-bono professional services** – Contribute your time and your talent! Strategic planning and management; financial, legal, and administrative services; advertising and marketing; event planning; photography; you tell us.
- **From your home or office** – Make calls or send e-mails to rally support for the March of Dimes; promote attendance at chapter events; thank donors and volunteers; share research breakthroughs, program achievements, advocacy victories and other Foundation news; call volunteers to action.
- **At the March of Dimes office** – Office support is always a critical need for our local chapter. You can help by answering phones, maintaining databases and with other administrative tasks.

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