



## Make Noise in Cyberspace!

Volunteering for the March of Dimes in the virtual spaces where you “live” is quick, easy and makes a real difference. The viral messaging of social media is a powerful way to share your passion for the March of Dimes mission with a huge audience. You can:

- Raise awareness of the rising rates of prematurity and its devastating consequences for babies and families – every baby deserves a healthy start!
- Deliver health messages about healthy lifestyles, nutrition, prenatal care, pregnancy tips, newborn and child care by promoting [marchofdimes.com](http://marchofdimes.com)
- Recruit more e-volunteers to spread the word even farther and take action in other “do it yourself” ways

### Messages you can send into cyberspace any day, any time:

#### About March of Dimes:

- March of Dimes helps moms have full-term pregnancies and healthy babies. And if something goes wrong, it offers information and comfort to families. We have the knowledge and passion to solve problems and answer questions about premature birth, birth defects and infant mortality.
- For 70 years, the Foundation has successfully mobilized volunteers to support the cause of moms and babies.
- Learn more at [www.marchofdimes.com](http://www.marchofdimes.com) or [www.nacersano.org](http://www.nacersano.org)

#### About March for Babies:

- Join the March for Babies. One day all babies will be born healthy. But we need to walk to get there. Visit [www.marchforbabies.org](http://www.marchforbabies.org). Register, recruit your family and friends, have fun helping babies!

#### About volunteer activities:

- You can support the March of Dimes cause anytime with just a few minutes of your time. Spread the word here, and visit [www.marchofdimes.com/volunteerland](http://www.marchofdimes.com/volunteerland) to find more “do it yourself” activities.
- Middle, high school, or college student? Want to support a great cause and build valuable leadership skills? Join Team Youth at [www.marchofdimesyouth.com](http://www.marchofdimesyouth.com).

#### About the problem of premature birth:

- Today, more than 1,400 babies will be born prematurely in the United States – that’s 1 of every 8 babies more than 520,000 babies each year. Millions of these children face serious health challenges or have trouble learning in school because they were born too soon. Even the best of care can’t always spare a premature baby from lasting disabilities. And premature birth is the leading cause of newborn death in the United States.
- Go to [www.marchofdimes.com](http://www.marchofdimes.com) or [www.nacersano.org](http://www.nacersano.org) to see what the March of Dimes is doing to give every baby its full nine months – and what you can do to help. Someday, we will reach the day when all babies are born healthy – just what all moms and dads dream of!
- Premature birth is a serious and costly problem. In 2005, preterm birth cost the United States at least \$26.2 billion. Help the March of Dimes lower the economic costs by solving the premature birth crisis. Visit [www.marchofdimes.com/prematurity](http://www.marchofdimes.com/prematurity) to learn how you can help.

### About healthy pregnancies:

- Subscribe to the March of Dimes blog for daily tips for moms and moms-to-be.  
<http://newsmomsneed.marchofdimes.com/>
- Know the signs of preterm labor!  
[www.marchofdimes.com/prematurity](http://www.marchofdimes.com/prematurity)
- Find online answers to your questions before, during, and after pregnancy  
[www.marchofdimes.com/pnhec/](http://www.marchofdimes.com/pnhec/)
- Here's a great video with information women need to have healthy pregnancies.  
[www.marchofdimes.com/video](http://www.marchofdimes.com/video)

### About pre-contemplation and pre-conception care:

- Before you think baby, take folic acid daily. Every woman needs 400mcg of folic acid each day.  
[www.marchofdimes.com/folicacid](http://www.marchofdimes.com/folicacid)
- Thinking about getting pregnant? Ask your doctor nine questions.  
[www.marchofdimes.com/prematurity](http://www.marchofdimes.com/prematurity)
- Need a healthy dose of pre-pregnancy reality?  
[www.marchofdimes.com/dontudare](http://www.marchofdimes.com/dontudare)

## Virtual spaces where March of Dimes e-volunteers already live:

**Twitter:** Tons of March of Dimes tweeting is out there for you to follow and add to!

- <http://twitter.com/marchofdimes> – pregnancy tips
- <http://twitter.com/babytips> – baby tips
- <http://twitter.com/nacersano> – pregnancy tips in Spanish

**Facebook:** Join the Facebook Cause, now with over 200,000 members.

- [www.facebook.com](http://www.facebook.com) and then add the cause application

**My Space:** Be a “Friend” of the March of Dimes.

- <http://www.myspace.com/marchofdimes>
- <http://www.myspace.com/marchofdimesyouth>.

**YouTube:** See the wonderful history of the March of Dimes, meet our national ambassadors and some of our celebrity volunteers; see why other people like you are volunteering for babies.

- <http://www.youtube.com/user/MarchofDimes>

**News Moms Need:** The March of Dimes blog – keep it lively with your comments.

- <http://newsmomsneed.marchofdimes.com/>

**Your Blog:** Make your own blog part of the March of Dimes virtual word!

**Mom Communities:** share your March of Dimes volunteering with other moms.

- [www.twittermoms.com](http://www.twittermoms.com)
- [www.cafemom.com](http://www.cafemom.com)
- [www.clubmom.com](http://www.clubmom.com)
- [www.themomsalon.com](http://www.themomsalon.com)
- [www.blogher.com](http://www.blogher.com)
- [www.blogcatalog.com](http://www.blogcatalog.com)
- [www.pregnantbloggersclub.com](http://www.pregnantbloggersclub.com)
- [www.mombloggersclub.com](http://www.mombloggersclub.com)
- [www.mommyranks.com](http://www.mommyranks.com)