

TRI SIGMA



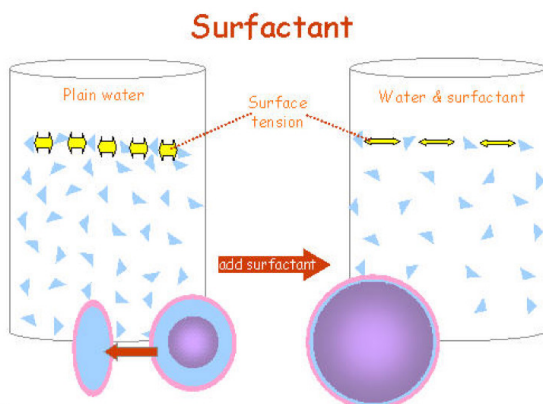
Bubble Zone

Step 1: If you are hosting a Bubble Zone at your local March for Babies walk, all volunteers must sign up online. Form can be found at trisigmafoundation.org/sign-bubble-zone.

Step 2: Collect supplies needed. The chair or committee can get creative with decorations and building your chapter's Bubble Zone. Include purple balloons, bubble machine, various bubble activities, etc.

Step 3: Provide education to all participating volunteers about surfactant and surfactant replacement therapy for preemie babies.

Step 4: Host your Bubble Zone and have fun! Giveaway small bottles of bubbles. Interact with children by blowing bubbles or bubble activities. Talk to families about how Tri Sigma is partnered with March of Dimes and why raising awareness is important. By raising awareness, we bring attention to premature birth and how others can support their mission..



Items Needed:

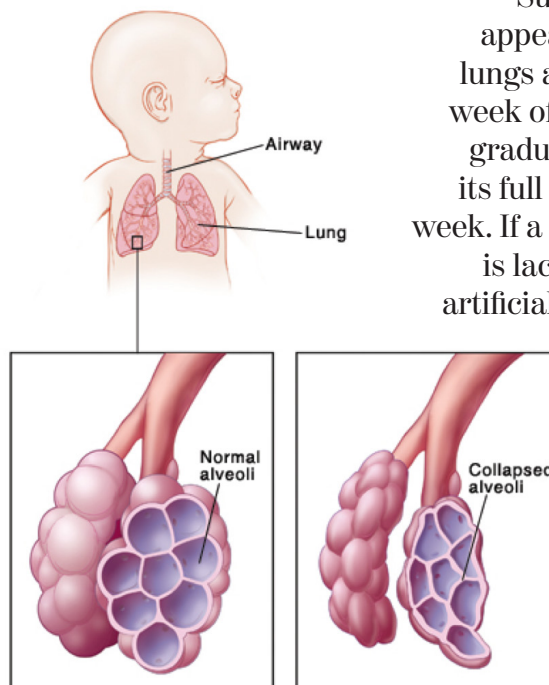
5 volunteers, minimum
bottles of bubbles
folding table
banner/sign
pop-up canopy tent, if desired
decorations, if desired
bubble machine, if desired

Banner/Sign Required

Bubble Zone presented by
_____ Chapter of
Tri Sigma National Sorority

Surfactant Replacement Therapy

Surfactant usually appears in the fetus's lungs at about the 24th week of pregnancy and gradually builds up to its full level by the 37th week. If a premature baby is lacking surfactant, artificial surfactant may be given.



Questions? Contact Chris at
csmithhisler@trisigma.org.

Imagine what it would look like...



Bubble Zone

Where can I purchase supplies:

bottles of bubbles for giveaway to kids, stickers for bottles

folding table

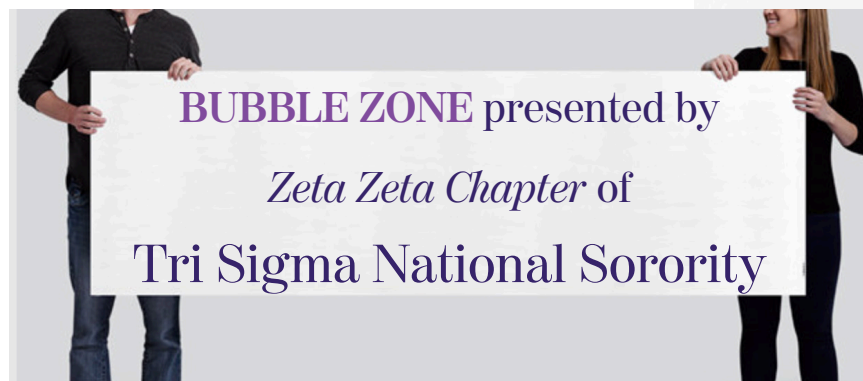
banner/sign

pop-up canopy tent, if desired

decorations: purple balloons, purple paper lanterns, tablecloth, tabletop easel,

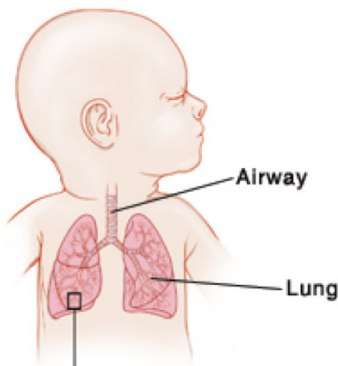
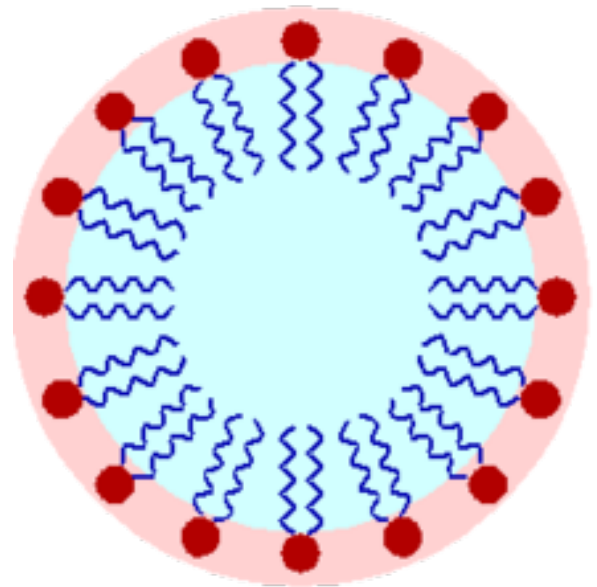
bubble machine, if desired

branded t-shirts: for bulk orders contact Coastal Greek

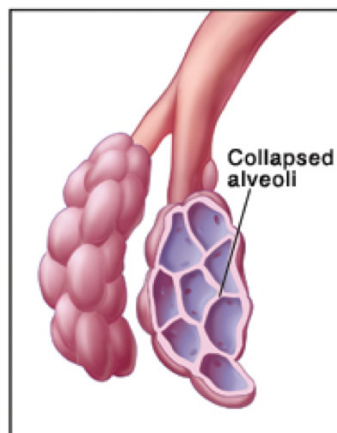
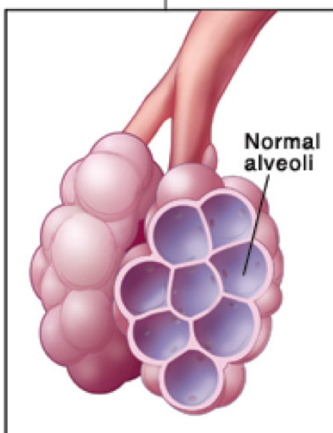


Surfactant Replacement Therapy

- Surfactant, a naturally produced substance, is a kind of foamy, fatty liquid that acts like grease within the lungs. Without it, the air sacs open but have difficulty remaining open because they stick together. The bubble has to be blown open like Surfactant.
- Surfactant allows the sacs to remain open. When the bubble is open it is similar to the air sac being opened.
- Surfactant usually appears in the fetus's lungs at about the 24th week of pregnancy and gradually builds up to its full level by the 37th week. If a premature baby is lacking surfactant, artificial surfactant may be given.
- Surfactant is delivered using an artificial airway or breathing tube that is inserted into the trachea, or windpipe, either immediately at birth for extremely premature babies, or later once respiratory problems have revealed themselves.
- Surfactant is administered through the windpipe over the course of a few minutes. During this time, the baby will be turned and moved in an effort to distribute the surfactant to all parts of the lung. Depending on the severity of the lung condition, surfactant may be administered more than once.
- Surfactant replacement therapy cannot begin until breathing has been stabilized, perhaps with mechanical ventilation, and the proper monitoring equipment has been set up.



Bubbles = Surfactant



- **The most common lung problem in a premature baby is respiratory distress syndrome (RDS).** A baby develops RDS when the lungs do not produce sufficient amounts of surfactant. This is a substance that keeps the tiny air sacs in the lung open.



Explore Pinterest: Get creative with the types of bubble activities you include in your Bubble Zone. Keep in mind your audience. You might choose different activities if you are hosting at March for Babies versus on a college campus. **Here are a few of our favorites:**

Sigma Serves Children



5 Things to do with Kids while Catching Bubbles

- Call out an animal and have them make the noise of that animal while popping bubbles
- Call out a way to move toward the bubbles like hopping, skipping, running, jumping, galloping, walking sideways, etc.
- Have the child try blowing at the bubbles like the wind
- Have the child count up to a certain number with you and then race off to catch a bubble
- You can select a letter of the alphabet and have children shout out a word that starts with that letter as they pop each bubble

DIY Bubbleblower:

Step 1: Take a 5-7 of straws and attach them together by wrapping them with a rubber band. If you don't have rubber bands, use some masking tape or sticky tape to join the straws together. You can also cut the straws to a shorter length, if you have many children to entertain.

Step 2: Mix up a batch of bubble solution in a shallow bucket or plastic cups. Dip one end of the straws in the solution and blow away.

Bubble Solution: 1 part baby bath + 1 part water
Place ingredients in a jar and shake vigorously to mix.



Children's Bubble Activities

Bouncing Bubbles

Supplies:

- 4 Tbsp water
- 2 Tbsp sugar
- 1 Tbsp Dawn concentrated dish soap
- kid's cotton winter gloves
- bubble wands

Step 1: Mix all the ingredients together, stir until the sugar dissolves, and then have fun blowing bubbles.

Step 2: To make the bubbles bounce you need to wear soft gloves, blow the bubbles gently, and let them softly bounce on your hand. The gloves make it possible to bounce bubbles because the bubble doesn't come in contact with the oil on our hands which breaks surface tension.

Note: This activity may be difficult outside if it is windy.



Life-size Bubble

Supplies:

- a child-size wading pool
- a tarp
- a hula hoop
- a cinder block

Bubble Solution:

- 2 gallons of distilled water
- 6 cups Dawn dish soap
- 4 cups corn syrup



Step 1: Place the tarp on the ground, and set the wading pool in the center of it. Pour the pre-made bubble solution into the pool. (It really is important to make the bubble solution the night before.) Set the cinder block in the center of the pool, and set the hula hoop in the pool.

Step 2: Check with parents to see if kids can keep their shoes on. (Shoes with non-slip soles can help kids stay steady if the cement block gets slippery). As a child stands on the cinder block, two people will lift the hula hoop up, forming a bubble around the child!