

Mission Kits: March for Babies

Serving March of Dimes

Raising Awareness

How-to-Guide

Learn:

Use this service project as a teaching tool to educate members, students and the community about March of Dimes mission to fight the health crisis of premature birth.

Lead:

Determine how long you have for the service project. Adjust the steps or number of pieces in the mission kit to meet your needs. Share why mission kits are important before starting the activity. Encourage participants to assemble mission kits. Then share and discuss the premature birth facts for each item.

Give:

Locate the nearest March of Dimes market for donation. Include a formal letter or card from the chapter before delivering or mailing donated mission kits. Letter should include chapter name, contact name, mailing address and phone number. Include photos of chapter creating mission kits with donation, if possible.

Supplies Needed

Manila/White Envelopes (6x9)
Paper Clips (regular size)
Band-aids (smaller size)
Plastic Spoons
Coffee Stir Straws
Plastic Rings
Preemie Diapers
Ribbon/Tape
Card stock (for printing)
Scissors
Hole Punch
Markers

Go the Extra Mile!

Option 1:

Add a personal touch to each mission kit by decorating the manila envelope. Phrases that support the March of Dimes mission and the Tri Sigma partnership are ideal, such as “Sigma Serves Children,” “March for Babies” or “A Fighting Chance for Every Baby.”

Questions? Email Chris at csmithhisler@trisigma.org.

Step-by-Step

Step 1

- Separate participants into groups of 5-10, depending on space.
- Divide the supplies among groups to ensure every person has one manila envelope, one of each premature birth fact, and one of each needed item.
- Have each group share resources such as markers, hole punch, tape, and ribbon.

Step 2

- Explain why and how March of Dimes mission kits make an impact and serve children. (Pg.3)
- Share that these mission kits will be donated to your local MOD office.

Step 3

- Share one of the premature baby visuals and demonstrate what each participant will be building.
- Emphasize attaching each item to the corresponding fact sheet.
- Every envelope should include one of each fact sheet and corresponding item attached.

Step 4

- Decorate Mission Kit envelopes, if time allows. Plain envelopes are needed too.
- Encourage individuals in each group to present a fact and item to her/his group.

Post Activity

- Collect all mission kits. Review each envelope to ensure one of each item is available. Also no religious quotes or symbols should be used during personalization.
- Deliver or mail items to local MOD market.
- Include donation letter from chapter with contact information.

Group Impact

Option 2:

If using as an education workshop, process the activity when finished. Ask questions within the large group setting:

- What did you learn?
- How did this make you feel?
- Why is raising awareness important to March of Dimes?
- How has MOD affected you?
- How can we help raise awareness?

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Mission Kits: March for Babies

Why Mission Kits?

Raising awareness for March of Dimes

March of Dimes fights premature birth. Harnessing research, education and advocacy, March of Dimes addresses the prematurity crisis and helps families have full-term pregnancies.

While raising money to fund research projects is vital, raising awareness remains just as important. Premature birth is the #1 cause of death for infants in the United States; however, many Americans don't understand the impact.

"Raising awareness is important because many people still don't know that premature birth is common and serious," said March of Dimes Director of Volunteer Leadership Development Karen Keller. "We need everyone to join us in raising awareness of this global health crisis and the impact of March of Dimes in its mission to fight premature birth."

By raising awareness of prematurity, we work together to help educate others, including future parents. From encouraging proper prenatal care to connecting families with support programs,

spreading the mission of March of Dimes serves others in our community.

The mission kits Tri Sigma creates can be used by March of Dimes staff and volunteers as they visit schools, community centers and health care facilities or organizations. With everyday items like a plastic spoon or paper clip, we help create a visual for premature birth. For anyone who may not be directly impacted by prematurity or birth defects, mission kits help paint a picture.

Mission kits may be used during March of Dimes major event March for Babies as staff and volunteers recruit advocates, teams and sponsors. March for Babies is another great opportunity

"We need everyone to join us in raising awareness of this global health crisis and the impact of March of Dimes in its mission to fight premature birth."

for Tri Sigma to build and distribute mission kits across campus or within our local communities to raise awareness.

As you learn more about the March of Dimes mission and discover how its organization impacts families and children everyday, remember your potential to make a difference by raising awareness.

Activity Tips

Sharing

Take photos of activity

Ask members to take selfies with or photos of their Mission Kit.

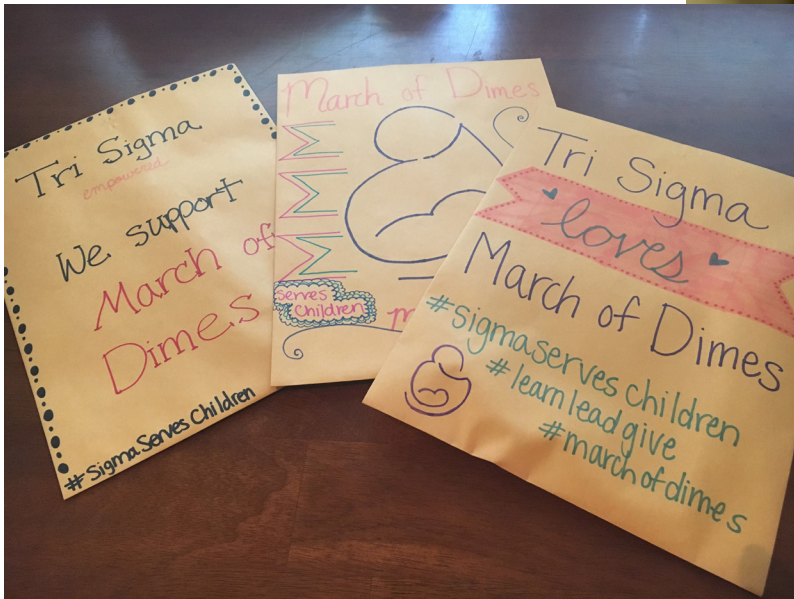
- Share via social media to raise awareness
- Use hashtags #trisigma and #marchofdimes
- Tag your local March of Dimes social media profile

Your chapter can email a group photo or activity photos to foundation@trisigma.org to be featured online.

Ask

Decorating Envelopes

Some MOD Offices need plain envelopes to share with corporate sponsors or businesses. While the decorated envelopes are fun, you should ask your local MOD representative what is most needed for the office.



Questions

Contact the Foundation

Are you unsure how you can use this activity with your chapter? Do you need to modify this for recruitment? Contact Chris at csmithhisler@trisigma.org.

Delivery

Sending to March of Dimes

You can find the contact information for your local MOD office on Sigma Connect under Collegiate Resources.

- Pack all Mission Kits
 - Include a letter from chapter with contact information
 - Mail in a timely manner
- March of Dimes offices use Mission Kits year round, but can especially use them leading up to March for Babies.

Imagine a baby born so small and fragile that this ring slips easily around the baby's arm or leg.

1 in 10 infants are born prematurely. Find out what the March of Dimes is doing to help these babies at marchofdimes.org.

Attach ring here with tape or ribbon.

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This band-aid is the size of a blood pressure cuff for a premature baby.

Babies aren't fully developed until 39 weeks of pregnancy.

Find out what the March of Dimes is doing to help these babies at marchofdimes.org.

Peel and stick band-aid here.

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A premature baby's foot is about as large as this paper clip.

Babies born early are at greater risk for breathing problems, brain and other neurological problems, digestive problems, and death.

Use tape to place paper clip here.

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Imagine a baby born so small that all the blood they need for a blood transfusion fits in this spoon.

Tape plastic spoon here.

No one knows what causes 50% of premature births each year.

Find out what the March of Dimes is doing to help these babies at marchofdimes.org.

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Just imagine breathing through this tiny straw 24 hours a day. That's what it is like for a premature baby born with underdeveloped lungs.

Tape stir straw here

The funds raised in March for Babies go to funding vital research to help find a cure for premature birth.

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Just imagine being born so early that this is the size of your first diaper. Even this diaper is too big for many premature babies.

The earlier a baby is born, the less they will weigh, the less developed their organs will be, and the more health complications they are likely to face.

Use tape to place diaper here.

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Chapter Contact Name

Chapter Name

University

Mailing Address

City State, Zip Code

Phone Number

March of Dimes Market

Office Mailing Address

City State, Zip Code

Date

To March of Dimes Director,

Sigma Sigma Sigma remains excited about our national partnership with March of Dimes. We believe our efforts to support your mission through fundraising, service and awareness raising will impact children.

The [insert chapter] at [insert university] built Mission Kits to help you, your staff and volunteers continue raising awareness in our surrounding communities. We hope the kits can be used to educate others about the health issues premature babies face everyday across the United States.

We commit to serving children and March of Dimes. If our chapter can assist as volunteers or advocates, please reach out to us.

Empowering your mission,

[Insert signature]

Chapter Contact Name

Chapter Position/Title

Email