

Dear Parents:

We've been learning about the importance of eating healthy, exercising and volunteering. The March of Dimes *Change for America's Babies* health education curriculum has been a great way to bring students together in the classroom, the school and in the community.

The volunteering or service learning activity involves students in a fundraising activity to help all babies be born healthy by supporting the March of Dimes mission. *The mission of the March of Dimes is to prevent birth defects, premature birth, and infant mortality.*

Here's how you can reinforce the lessons and values that your children have been learning about from participating in *Change for America's Babies*:

1. Talk to your child about the importance of healthy eating and exercise:
 - a. Help them define healthy eating and “junk food,” look at examples around the house and talk about how nutritional requirements vary from person to person, depending on age, sex, size, level of activity, etc. Use examples of different family members.
 - b. Explain how exercise helps your body (builds muscle, boosts your energy, improves flexibility, etc.).
2. Tell your child about premature babies:
 - a. Sometimes babies are born early, sick or too small. These babies have to stay in the hospital to get bigger and stronger.
 - b. Some of the babies need machines to help them get medicine, to help them breathe, and to help take their temperature.
 - c. Babies born too early are more likely to have problems with their eyes, their hearing or their speech.
 - d. Talk about March of Dimes and what it does:
 - i. Funds programs of research to help find the causes of why babies are born early, sick or too small
 - ii. Educates women on ways to take care of themselves during pregnancy so that all babies can be born healthy

We hope that you will continue to be involved with your child's education. These lessons can have a lasting impression on your children. And, help give every baby a healthy start. For more information about the mission of the March of Dimes and *Change for America's Babies*, visit marchofdimes.com/change.

Sincerely,

[Your name]

[Your title or project role]

[Institution name & address]

CHANGE
for America's
Babies



March
of Dimes®

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