

# 5 THINGS

YOU CAN DO  
TO CELEBRATE



# NICU AWARENESS

1

## Educate Yourself

Did you know that more than half of the babies admitted to NICUs were not born prematurely? See our fact sheets.

2

## Post on Social Media

See examples at [nicuawareness.org](http://nicuawareness.org) and [nationalperinatal.org/NICU\\_Awareness](http://nationalperinatal.org/NICU_Awareness)

3

## Recognize NICU Staff

Let them know the difference they are making in our babies' lives. Write a note, send an email, or deliver a gift to show them that you appreciate them.

4

## Share Your Story

Most people have never heard of a NICU before. Let others know about the extraordinary care that NICUs provide.

5

## Join Our Community

Get involved. Become a member of our organizations and share your talents.

This project is a collaboration between



+



[www.nicuawareness.org](http://www.nicuawareness.org)

[www.nationalperinatal.org/NICU\\_Awareness](http://www.nationalperinatal.org/NICU_Awareness)