# Preemie **Parents**<sup>®</sup>

### Phone: 888-864-3088 www.preemieparentsbook.com

## **Fact Sheet**

# **Preemie Parents: 26 Ways to Grow with Your Premature Baby**

#### **Quick Facts:**

- *Preemie Parents* is an A to Z guide that will inspire all parents of preemie babies.
- More than 500,000 preemies are born in the U.S. every year.
- Tami Gaines is an in-demand speaker and advocate on the subject of being a parent of preemies.
- Major hospitals have invited Tami to speak—over the years she has addressed thousands of preemie parents.
- Foreword by Dr. Gaines M. Mimms, a noted • neonatologist who was named a Top Doctor by New Jersey Monthly magazine.

"We never know how much power we have within us until we grow through an experience that we never imagined surviving."

- Tami Gaines

#### from one preemie parent to another

If you want to become whole, let yourself be partial. If you want to become straight, let yourself be crooked. If you want to be occome full, let yourself be empty If you want to be eview reverphing, give everything up. Two Want to be given everything, give everything up. - Two Te Ching (Stephen Mitchell translation), Chapter 22

TAMI C. GAINES

Foreword by Gaines M. Mimms, M.D.

Illustrated by Roni Orlina

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26 Ways to Grow with

Your Premature Baby

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After reading the final page of the last book I'd ever purchase on premature babies, it became clear to me that there was too much information on the medical issues involved and not enough on the transformative aspects of prematurity. I had to be stripped down to my soal and rebuilt from the inside out so that I could receive the great gifts of my premature rwins. And it is my intention to show others how to grow, as I did, through this experience.

At the outset, it was my intention to tell my story in a way that honors the NICU experience, provides the reader with a supportive embrace, and gives an umbrella of encouragement under which to walk during the NICU journey.

do I know of this journey? Unfortunately, quite a bit more than d have imagined. You see, perhaps like you, I had no idea what n he surreal world of the NCU I often stared in disbelief at vins and wondered how I would ever right myself from this J felt lost, alone, and vulnerable among the alarms and ringing sit even sure II should try and remember the nunce' names idn't know how permanent any of this was. I didn't know what hat to say, or how to act. The only thing I knew for certain was red my babies to live.

can my doards to ince-ted my doards to ince-id not want to feel sad or scared. I did not want to hesitate ance of the NICU, weak with dread at the thought of what manight wait inside. I wanted to sore prelaying the images of sick babies that haunted my dreams and waking hours. They on my body, my mind, and caused distance between me and wo healthy children.

at three weeks that I held my son for the first time since his I time weeks that i need in you to the max time since ins he strength of his heart and the grip of his in yh and on my I knew then that it was time to travel this NICU journey ention of being an inspired mother whose power was only that of my twins.

picture of the person that I o become in order to provide , love, and protection ies (and all my children) der to survive and thrive. five simple Principles of at guided and influenced I did and thought...then

Tami Gaines has gained national prominence as an authority on preemie parenting. She is not only a mother of four children (including preemie twins), she also has an accomplished background as a marketing and business strategist, motivational speaker, and trainer. Drawing from her holistic perspective on business and personal growth, she has helped thousands of people come closer to achieving their personal and professional goals. She has an M.B.A. from Columbia University.



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