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## ***Premie Parents*® Offers Hope and Guidance During Emotional Journey**

MONTCLAIR, New Jersey, May 2020—Tami Gaines story is one of heartbreak, tragedy, frustration, inspiration, growth and empowerment. This description may sound incredulous, but it is an apt depiction of the journey the parents of the over 500,000 premature babies born in the U.S. face each year. Tami draws upon her own experience with premature twins to teach parents how to transform the difficult realities of the Neonatal Intensive Care Unit (NICU) into opportunities for tremendous spiritual and personal growth in *Premie Parents: 26 Ways To Grow With Your Premature Baby*.

*Premie Parents* addresses the emotional aspect of being a parent of a premature baby and delivers a positive message of hope and action. By openly sharing her real-life story, Tami Gaines is able to help readers gain strength and resilience as they support their premature baby. Tami became an authority on the subject after giving birth to twins after only 25 weeks—her daughter spent 3 ½ months in the NICU and her son spent over 18 months. Through *Premie Parents*, she is able to offer a personal, A to Z guide that will help parents of preemies learn valuable lessons in coping and becoming effective advocates for their children. This inspiring and practical book is filled with insightful information that will serve as a treasured resource for parents, caregivers, and healthcare providers.

“*Premie Parents* is a must-read for every parent who wants to successfully manage the emotional rollercoaster of the NICU,” says Dr. Gaines M. Mimms, M.D., a distinguished neonatologist who wrote the foreword for the book.

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Tami Gaines has gained national prominence as a preemie parent. She is a mother of four children (including preemie twins), and 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.

*Preemie Parents* (ISBN 13: 978-1-4162-0630-9) is a 5.625" x 7.75", softcover book with 144 pages. It retails for \$15.95 and is available now. It will be available at bookstores and gift shops nationwide, as well as from the Preemie Parents website, [www.preemieparentsbook.com](http://www.preemieparentsbook.com).

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