

Transforming the NICU Journey from Survival to Growth

PRESS KIT



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PRESS RELEASE



FOR IMMEDIATE RELEASE

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1 in 10 babies are born too soon—too fragile. The NICU saves your baby. Premie Parents saves you.

Written by Tami C. Gaines, the mother of micro-preemie twins born at just 25 weeks (6 months), *Premie Parents: 26 Ways to Grow with Your Premature Baby* invites families to transform uncertainty into growth and grounding inside the NICU. This new, expanded edition reveals the principles of P.E.A.C.E.™—the foundation of Gaines' movement to help parents of premature babies find purpose, strength, and calm amid the chaos—uniting the families of the 13.4 million babies born prematurely each year worldwide in the journey to grow through adversity.

Montclair, NJ — October 30, 2025 — Every year, nearly 380,000 babies are born prematurely in the United States—part of the 13.4 million premature births worldwide. Behind those numbers are parents who wake up every day to the hum of machines, the rhythm of monitors, and the ache of uncertainty—learning to live moment by moment in a world that feels completely out of their control.

When Tami C. Gaines went into labor at just 25 weeks (6 months), she was clear: she would do anything to bring her twins safely into the world. After five weeks on hospitalized bedrest and nearly a year in the NICU, Tami gained deep insight into herself and how she chose to show up daily—to pour love and presence into her twins, even when she couldn't hold them. The NICU taught Tami that while doctors and nurses save the babies, it's the parents who must learn how to save themselves.

Those lessons became the heartbeat of *Premie Parents: 26 Ways to Grow with Your Premature Baby*—a book that helps parents transform their experience in the NICU from one of fear and isolation into one of purpose, strength, and growth.

Unlike the few books on the market focused on explaining the medical aspects of the NICU, *Premie Parents* speaks directly to parents and caregivers—their emotions, their mindset, their resilience. Built around the guiding principles of P.E.A.C.E.™, Gaines' work reminds families that while they can't control what happens in the NICU, they can control how they grow through it.



“The NICU changes everything—your faith, your focus, your future,” says Gaines. “The only thing you can control is how you grow through it.”

This newly expanded edition includes:

- A new chapter written just for dads
- An expanded resources section for families and caregivers
- Recommended reading for ongoing growth and reflection
- A QR code unlocking nearly \$1,000 in bonuses to support parents through the NICU journey

But Premie Parents is more than a book—it’s the foundation of the Premie P.E.A.C.E.™ Movement, a growing global initiative grounded in the belief that every challenge carries an opportunity for growth. Through P.E.A.C.E.—embodying purpose, energy, acceptance, clarity, and empowerment—Tami guides families toward calm and courage, proving that growth doesn’t wait for certainty; it happens in the middle of it.

Premie Parents: 26 Ways to Grow with Your Premature Baby is available now:

- Wholesale orders: [IngramSpark](#)
- Individual copies: [Amazon](#)
- Special discounts available throughout National Prematurity Month (November)

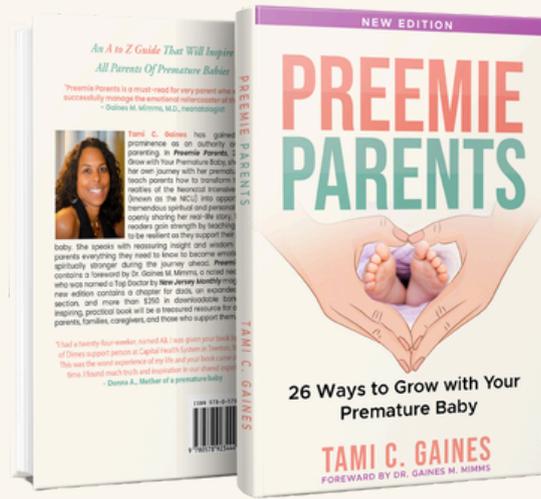
About Tami C. Gaines

Tami C. Gaines is the author of Premie Parents: 26 Ways to Grow with Your Premature Baby and founder of the Premie P.E.A.C.E.™ Movement, a global initiative helping parents of premature babies transform uncertainty into growth and grounding inside the NICU. The mother of micro-preemie twins born at just 25 weeks, Tami has become a leading voice redefining what it means to parent through prematurity.

A keynote speaker for the National Association of Neonatal Nurses (NANN) and Mistress of Ceremonies for the March of Dimes “March for Babies,” she has shared her message of resilience with parents, caregivers, and healthcare professionals worldwide. With an MBA from Columbia University and more than 25 years as a corporate strategist and motivational speaker, she’s spoken to audiences of almost 800,000 people—teaching leaders and families alike how to thrive through change, turn challenge into momentum, and create resilience that lasts.

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SAMPLE CHAPTER



PREEMIE® PARENTS

From One Premie 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 become full, let yourself be empty.
If you want to be reborn, let yourself die.
If you want to be given everything, give everything up.*
— Tao Te Ching (Stephen Mitchell translation),



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I felt lost, alone, and vulnerable among the alarms and ringing bells. I wasn't even sure if I should try and remember the nurses' names because I didn't know how permanent any of this was. I didn't know what to think, what to say, or how to act. The only thing I knew for certain was that I wanted my babies to live

After three weeks of being in a state of shock, I realized that I, too, wanted to live. I did not want to feel sad or scared. I did not want to hesitate at the entrance of the NICU, weak with dread at the thought of what medical drama might wait inside. I wanted to stop replaying the images of frail, feeble sick babies that haunted my dreams and waking hours. They took a toll on my body, my mind, and caused distance between me and my other two healthy children.

It was also at three weeks that I held my son for the first time since his birth. I felt the strength of his heart and the grip of his tiny hand on my pinky finger. I knew then that it was time to travel this NICU journey with the intention of being an inspired mother whose power was only matched by that of my twins.

I had a clear picture of the person that I would need to become in order to provide the support, love, and protection that my babies (and all my children) needed in order to survive and thrive. I composed five simple Principles of P.E.A.C.E. that guided and influenced everything I did and thought...then and now.

The Principles of P.E.A.C.E.

1. The POWER of intention is greater than any current reality.
2. Everything is ENERGY.
3. ALL things will move into balance eventually.
4. CARING for myself precedes caring for anyone else.
5. EVERYTHING is exactly as the Universe intended it to be.



These five simple principles are the underpinning of Premie Parents. I used them to strengthen my beliefs that the Universe makes no mistakes, everything happens for a reason, and that there are always lessons to be learned. The principles of P.E.A.C.E. provide the framework for understanding how I transformed my NICU experience from one of great despair to one of extraordinary personal growth.

I was walking through the hospital parking lot on a glorious sunny day and I had a thought, as clear as the sky was cloudless. This thought literally stopped me in my tracks. I stared off into the distance as I heard the reality of my situation whispered in my ears. These babies were not premature. They came exactly at the right time, for all of the right reasons, as was predestined for them by the Universe. In fact, I was the one who was premature. I was not ready to redefine my life and expectations, to be jolted out of my comfort zone, to be made to face the realities of life and death, or to decipher trivia from importance. The bottom line is this: We must redefine our beliefs about prematurity so that we can be entirely open to the opportunity for personal growth, embrace an enlightened life, and extend ourselves to our families without limits.

As you read this book, I encourage you to experience it and to live its lessons. For when you do, you too will experience amazing transformation as you await your baby's homecoming. As we walk this journey together, I thank you for trusting me with your time and spirit.



P THE POWER OF INTENTION IS GREATER THAN ANY CURRENT REALITY

Intention is an invisible force that gives power to whatever you want to create. Intention is one of the tools you can access to gain an emotional advantage over the NICU. The concept of intention is explored more in the “U” section of *Preemie Parents*.

E EVERYTHING IS ENERGY

Energy is a direct line from your body, mind, and spirit to the Universe. Everything and anything you think about manifests itself in some way... eventually. The Universe gives you whatever you say and focus on. It is critical to manage your energy – your thoughts, feelings, and speech – so that you can invite goodness into your life and the life of your baby.

A All things will move into balance eventually

No matter how disconnected you might be feeling or the amount of discord in your life, all things will move into balance. Each element of your life will right itself because it is the natural order of things. If you remember this, you will be comforted by the knowledge that, eventually, harmony will prevail.

C Caring for myself precedes caring for anyone else

Unless you are feeling whole and healthy, you will not be able to support your babies, your spouse, your children, or anyone who is relying on you for strength. The whole person includes your physical body, your mental body, your emotional body, and your spiritual body. Take time each day to nurture each of these “bodies” so that you can nurture others. This principle is further

explored in the “I” section of *Preemie Parents*.

E Everything is exactly as the universe intended it to be

Rather than push against unwanted things (which ultimately causes you to focus on them, activating the Universe), fill your head with images of what you would like to have, to be, or to do. Once you fully accept your current situation without reservation, you will see opportunities for personal growth in every experience that you have, whether you judge it as good or bad.





I'm assuming that you purchased this book with a sense of hope or expectation that within its pages you would find some explanation or rationale as to why your baby is in the Neonatal Intensive Care Unit (NICU).

I know because when my journey in the NICU began, I did the same thing. I purchased every book that might provide a reason why this happened to our family or a way to make me feel better about the situation. I quickly realized that this experience is not about "why." It is about the "how" – how to cope with this unexpected reality; how to find joy in pain; how to find hope in the face of despair; and how to celebrate life in the face of death.

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 soul and rebuilt from the inside out so that I could receive the great gifts of my premature twins. 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.

And what do I know of this journey? Unfortunately, quite a bit more than I ever would have imagined. You see, perhaps like you, I had no idea what to expect in the surreal world of the NICU I often stared in disbelief at my tiny twins and wondered how I would ever right myself from this experience.

ABOUT THE BOOK



26 Ways to Grow with Your Premature Baby

1 in 10 babies are born too soon—too fragile. The NICU saves your baby. Premie Parents saves you. **TIMELY: November is National Prematurity Awareness Month**

AT A GLANCE

- **Nearly 380,000 premature babies born annually in the U.S.** (13.4 million worldwide)
- **The only book addressing the emotional journey of NICU parents** through proven principles of resilience and growth **Built on P.E.A.C.E.™ principles:** Power, Energy, Acceptance, Clarity, Empowerment **New expanded edition** includes chapter for dads, expanded resources, and QR code unlocking nearly \$1,000 in bonuses **A-Z guide format** with 26 practical strategies parents can implement immediately **Target audience:**
- Pregnant women, new mothers of premature babies, and families with babies in the NICU
- —reaching audiences nationwide and globally

WHAT MAKES THIS BOOK DIFFERENT

Unlike other books about the N.I.C.U. that focus on the medical aspects of prematurity, Premie Parents: 26 Ways to Grow with Your Premature Baby speaks directly to the hearts of parents and caregivers—addressing their emotions, mindset, and resilience. Written by a mother who lived it, this book transforms the NICU experience from fear and isolation into one of purpose, strength, and extraordinary personal growth.

"The NICU changes everything—your faith, your focus, your future. The only thing you can control is how you grow through it."

— Tami C. Gaines

"Premie Parents is a must-read for every parent who wants to successfully manage the emotional rollercoaster of the NICU."

— Dr. Gaines M. Mimms, M.D., Neonatologist, named 'Top Doctor' by New Jersey Monthly



ABOUT THE AUTHOR

Tami C. Gaines is an author, preemie advocate, and entrepreneur who transforms uncertainty into empowerment. The mother of micro-preemie twins born at just 25 weeks, Tami founded the **Preemie P.E.A.C.E.™ Movement**—a global initiative helping families navigate the emotional journey of prematurity. She served as the New Jersey state spokesperson for Easter seals and has personally spoken to dozens of NICU families in the hospital, offering guidance and hope during their most challenging moments.

A keynote speaker for the National Association of Neonatal Nurses (NANN) and Mistress of Ceremonies for the March of Dimes "March for Babies," Tami has shared her message with healthcare professionals and parents worldwide. With an MBA from Columbia University and 25+ years as a corporate strategist and motivational speaker, she has spoken to nearly 800,000 people—teaching leaders and families how to thrive through adversity.

MEDIA COVERAGE & RECOGNITION

- Preemie Parents and Tami Gaines have been featured in: **NJ Channel 12 News** (television interview)
- **84+ media outlets** including Google News, Digital Journal, Pittsburgh Post-Gazette, Chicago Daily Herald, and major regional news networks across the United States
- **Speaking engagements** at major hospitals nationwide, addressing thousands of NICU families and healthcare professionals

BOOK DETAILS

Title:	Preemie Parents: 26 Ways to Grow with Your Premature Baby
Author:	Tami C. Gaines
Publisher:	Sage Enterprises, LLC
Format:	Paperback, 155 pages with illustrations E-book
Price:	Paperback: \$15.99 E-book: \$9.99
Availability:	Amazon IngramSpark (wholesale)



ORDERING & CONTACT INFORMATION

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REVIEW COPIES & MEDIA AVAILABILITY

Review copies available upon request. Tami Gaines is available for interviews, podcasts, and speaking engagements. To request a review copy or schedule an interview, contact:

Email: hello@preemieparentsbook.com

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YouTube videos and additional media resources available at: www.preemieparentsbook.com

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Frequently Asked Questions

ABOUT THE BOOK

Q: What is *Preemie Parents* about?

A: *Preemie Parents: 26 Ways to Grow with Your Premature Baby* is a transformative guide for parents navigating the emotional journey of having a premature baby. Unlike medical guides that focus on the clinical aspects of prematurity, this book addresses the emotional rollercoaster, unpredictability, and profound stress of the NICU experience. It's an A-Z guide with 26 practical, immediately actionable strategies that help parents not just survive the NICU, but grow through it.

Q: Who should read this book?

A: This book is essential for parents and caregivers of premature babies, expectant parents who've been told their baby may come early, family members and friends supporting NICU families, and healthcare providers (nurses, doctors, social workers) who work with NICU families. The principles extend beyond the NICU—anyone facing uncertainty, crisis, or life challenges requiring resilience will find value in the P.E.A.C.E. framework.

Q: What are the P.E.A.C.E. principles?

A: P.E.A.C.E. is the foundation of the book and the Preemie P.E.A.C.E. Movement: Power, Energy, Acceptance, Clarity, and Empowerment. These principles guided Tami through her 18-month NICU journey and continue to guide thousands of families today.

Q: What's new in the expanded edition?

A: This expanded edition includes:

- A new chapter written specifically for preemie dads
- Expanded resources section for families and caregivers
- Recommended reading for ongoing growth and reflection
- QR code unlocking more than \$1,000 in bonuses to support parents through the NICU journey.

Q: What makes this book different from other NICU books?

A: *Preemie Parents* is the only book that focuses on the emotional journey of NICU parents rather than just the medical aspects. Tami shares her real story—raw, honest, and transparent—of having twins born at 25 weeks, with her daughter spending 4 months in the NICU and her son spending 18 months across three facilities (NICU, PICU, rehab) before coming home ventilator-dependent and g-tube fed with a poor prognosis. Every strategy in the book is immediately actionable, based on lived experience, not theory.



Q: How is the book organized?

A: The book is structured A to Z with 26 chapters, each representing a key strategy or principle. This format makes it easy to read in any order—parents can jump to the chapter they need most in the moment. Each chapter includes Tami's personal experiences, practical guidance, and 'Tami Time' sidebars with additional insights. The book also features 26 beautiful color illustrations throughout.

ABOUT TAMI'S STORY

Q: How early were Tami's twins born?

A: Tami's twins were born at just 25 weeks (6 months) gestation—extremely premature. They are considered micro-preemies, weighing just over one pound each at birth.

Q: How long did Tami's twins spend in the hospital?

A: Tami's daughter spent 4 months in the NICU and came home on oxygen and various monitors. Her son's journey was significantly longer—he spent 9 months in the NICU, 5 months in the PICU (Pediatric Intensive Care Unit), and 4 months in a rehabilitation facility. In total, 18 months across three different medical facilities before coming home.

Q: What was Tami's son's condition when he came home?

A: Tami's son came home ventilator-dependent with a tracheostomy (trach), oxygen-dependent, and g-tube fed (unable to eat by mouth). Doctors had given him a very poor prognosis. His journey is a testament to hope, resilience, and the power of never giving up.

Q: What was happening in Tami's personal life during this time?

A: When Tami discovered she was pregnant with twins, she already had two children (ages 8 and 5) and was running her own business. Her husband gave her an ultimatum: terminate the pregnancy or he would leave. She refused, and he moved out and up—into their third-floor guest room—beginning to live his single life while she managed the high-risk pregnancy, two children, and her business alone. She got divorced and raised all four children as a single mother while her twins were in the hospital.



PRACTICAL INFORMATION

Q: Where can I buy the book?

A: PreemieParents is available in both paper back and e-book formats:

Individual purchases: [Amazon](#)

Wholesale orders: [IngramSpark](#)

Website: www.preemieparentsbook.com

Q: How much does the book cost?

A: Paperback: \$15.99 | E-book: \$9.99

Q: What format is the book available in?

A: The expanded edition is available as a 155-page paperback with beautiful illustrations throughout, and as an e-book for digital readers.

ABOUT TAMI & THE PREEMIE P.E.A.C.E. MOVEMENT

Q: What is the Preemie P.E.A.C.E. Movement?

A: The Preemie P.E.A.C.E. Movement is Tami's global initiative helping parents of premature babies transform uncertainty into growth and grounding inside the NICU. Built on the P.E.A.C.E. principles, the online movement provides emotional support via live, virtual group coaching, self-paced courses, practical resources, and a community for families navigating prematurity. It's grounded in the belief that every challenge carries an opportunity for growth.

Q: What is Tami's background?

A: Tami C. Gaines is an author, preemie advocate, and entrepreneur. She holds an MBA from Columbia University and has 25+ years of experience as a corporate strategist and motivational speaker. She has spoken to audiences of nearly 800,000 people, teaching leaders and families how to thrive through adversity. As the mother of four children (including micro-preemie twins), she served as the New Jersey state spokes person for Easter seals and The March of Dimes and has personally spoken to hundreds of NICU families in hospitals.



Q: Is Tami available for speaking engagements?

A: Yes! Tami is available for keynotes, panels, and interactive workshops for hospitals, conferences, corporations, parent groups, and other organizations. She is also available for television interviews, podcast appearances (audio and video), radio interviews, and print/online features. She was a keynote speaker for the National Association of Neonatal Nurses (NANN) and served as Mistress of Ceremonies for the March of Dimes “March for Babies”, among many other speaking engagements.

Q: Has Tami received media coverage?

A: Yes, Tami and Premie Parents have been featured on NJ Channel 12 News and more than 80 media outlets including Google News, the Wall Street Journal, USA Today, Inc. Small Business, the Digital Journal, Pittsburgh Post-Gazette, Chicago Daily Herald, and major regional news networks across the United States.

FOR HEALTHCARE PROVIDERS & ORGANIZATIONS

Q: Should I recommend this book to NICU families?

A: Absolutely. While you provide exceptional medical care for premature babies, many parents struggle with the emotional and psychological toll of the NICU. Premie Parents fills that gap by addressing the mental health and emotional needs of families. Dr. Gaines M. Mimms, M.D., a noted neonatologist named a 'Top Doctor' by New Jersey Monthly, says: “Premie Parents is a must-read for every parent who wants to successfully manage the emotional rollercoaster of the NICU.”

Q: Can hospitals order books in bulk?

A: Yes, bulk orders are available through [IngramSpark](https://www.ingramspark.com) for hospitals, support groups, and organizations wanting to provide Premie Parents to families. Special arrangements can be discussed by contacting hello@premieparentsbook.com.

Q: When is the best time to highlight this book?

A: November is National Prematurity Awareness Month, making it an ideal time to spotlight *Premie Parents* and the important work of supporting NICU families. However, with nearly 380,000 premature babies born annually in the U.S. (1 in 10 births), this book is relevant and needed year-round.

"The NICU saves your baby. Premie Parents saves you."

###

MEDIA PITCH SHEET



Media Pitch Sheet: Story Angles & Interview Questions
Perfect for November's National Prematurity Awareness Month

WHY THIS STORY MATTERS NOW

- **380,000 premature babies** are born in the U.S. annually—that's 1 in 10 births
- **Mental health crisis:** NICU parents face elevated rates of PTSD, anxiety, and depression—yet few resources address their emotional needs
- **November is National Prematurity Awareness Month**—perfect timing to spotlight this under-covered health issue
- **Expanded edition includes:** New chapter for preemie dads, expanded resources section, recommended reading for ongoing growth, and QR code unlocking nearly \$1,000 in bonuses
- **Global impact:** 13.4 million premature births worldwide annually

STORY ANGLES FOR YOUR AUDIENCE

For Morning Shows & Daytime TV

"How One Mom Transformed NICU Trauma Into a Movement for Parents"

Visual hook: Tami's personal NICU journey—twins born at 25 weeks. Her daughter spent 4 months in the NICU and came home on oxygen. Her son spent 18 months across three facilities (NICU, PICU, rehab) before coming home ventilator-dependent with a poor prognosis. A story of resilience that will resonate with every parent watching.

Talking points: The P.E.A.C.E. principles; practical tips parents can use TODAY; how to advocate in the NICU; emotional coping strategies

For Podcasts & Long-Form Interviews

"From the Boardroom to a Hospital Room: Finding Purpose in Prematurity"

Deep dive into Tami's transformation from corporate strategist to preemie advocate. How she applied business principles to navigate uncertainty and created a global movement.

Talking points: Leadership lessons from the NICU; turning adversity into advocacy; balancing four kids (including preemie twins); entrepreneurship and motherhood

For Health & Parenting Media

"The Hidden Mental Health Crisis Affecting 1 in 10 New Parents"

NICU parents experience trauma at rates comparable to combat veterans, yet there's almost no emotional support infrastructure. One mother is changing that.

Talking points: NICU PTSD statistics; gap in healthcare support; peer-to-peer support importance; long-term effects on families

For Father's Day / Men's Health Features

"Dads in the NICU: The Forgotten Caregivers"

The new expanded edition includes a chapter specifically for fathers—addressing their unique challenges, emotions, and role in the NICU journey.

Talking points: Fathers' emotional experience; providing support while processing trauma; practical ways dads can help; breaking stigma around men's mental health

For Parents Currently in the NICU

"You're Not Alone: A Lifeline for Parents Facing the NICU Today"

For the parents scrolling their phones at 2 AM in a NICU chair, wondering if they can make it through another day—this is their guide. Written by someone who lived it, with practical strategies they can use TODAY.

Talking points: Immediate coping strategies; how to advocate effectively; maintaining hope during setbacks; self-care while caring for a fragile baby; building resilience day by day

For Business & Leadership Media

"What the NICU Taught Me About Leadership and Resilience"

A Columbia MBA and corporate strategist applies business principles to crisis—and discovers powerful lessons about adaptability, advocacy, and leading through uncertainty.

Talking points: Leading without control; adapting to uncertainty; building resilience; creating movements from personal experience; work-life integration



SAMPLE INTERVIEW QUESTIONS

Opening Questions (Establish the Story)

1. Take us back to that moment when you went into labor at just 25 weeks. What was going through your mind?
2. Your daughter spent 4 months in the NICU and came home on oxygen and monitors. Your son spent 9 months in the NICU, 5 months in the PICU, and 4 months in a rehab facility—18 months total before coming home ventilator-dependent, g-tube fed, with a poor prognosis. How did you find the strength to keep going?
3. What was it like to bring your son home knowing he was ventilator-dependent, couldn't eat by mouth, and doctors had given him a poor prognosis?
4. What surprised you most about the emotional experience of being a NICU parent?

About the Book & P.E.A.C.E. Principles

5. What are the P.E.A.C.E. principles, and how did they help you survive the NICU?
6. The book is organized A to Z—26 ways to grow, and every strategy is immediately actionable. Can you walk us through one that parents can start using today?
7. What makes Premie Parents different from other books about premature babies?
8. Why did you add a chapter specifically for dads in this expanded edition?

Practical Advice for NICU Parents

9. What's one thing you wish someone had told you on day one in the NICU?
10. How can parents be effective advocates for their baby when they don't have medical training?
11. What role should family and friends play in supporting NICU parents?
12. How do you balance hope with the reality of uncertainty in the NICU?

Broader Impact & Movement Questions

13. You've spoken to thousands of NICU parents. What are they telling you?
14. What gaps do you see in how hospitals support the emotional needs of NICU families?
15. Tell us about the Premie P.E.A.C.E. Movement. What's your vision for the future?
16. Why is November—National Prematurity Awareness Month—so important?



Personal & Closing Questions

17. Your son came home with a poor prognosis—ventilator-dependent, oxygen-dependent, g-tube fed, with a trach. How is he doing today?
18. What would you say to a parent who just found out their baby will be premature?
19. Where can people find Premie Parents and learn more about your work?

KEY MESSAGES FOR EVERY INTERVIEW

The NICU saves babies. Premie Parents saves parents. You can't control what happens in the NICU, but you can control how you grow through it. Nearly 1 in 10 babies is born prematurely—this affects millions of families yet remains an under-resourced area. Parents are the most important advocates their babies have—even without medical training. The P.E.A.C.E. principles work beyond the NICU—for any life challenge requiring resilience.

BOOKING INFORMATION

Tami Gaines is available for:

- Television interviews (in-studio or remote)
- Podcast appearances (audio and video)
- Radio interviews
- Print/online features
- Keynotes, panels, and interactive workshops for hospitals, conferences, corporations, parent groups, and other organizations

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Review copies available. High-resolution photos available via clickable links in press kit.

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ABOUT THE AUTHOR



TAMI C. GAINES

Author, Premie Advocate &
Entrepreneur

FULL BIOGRAPHY

Tami C. Gaines is the author of *Premie Parents: 26 Ways to Grow with Your Premature Baby* and founder of the Premie P.E.A.C.E. Movement, a global initiative helping parents of premature babies transform uncertainty into growth and grounding inside the NICU. Built on the P.E.A.C.E. principles, the online movement provides emotional support via live, virtual group coaching, self-paced courses, practical resources, and a community for families navigating prematurity.

The mother of micro-preemie twins born at just 25 weeks, Tami knows firsthand the profound challenge of NICU parenthood. Her daughter spent 4 months in the NICU and came home on oxygen and monitors. Her son's journey was even more complex—9 months in the NICU, 5 months in the PICU, and 4 months in a rehabilitation facility before coming home 18 months later, ventilator-dependent, g-tube fed, with a tracheostomy and a poor prognosis. Through this experience—while also managing two other children and navigating an unexpected divorce—Tami developed the P.E.A.C.E. principles that now guide thousands of families worldwide.

With an MBA from Columbia University and more than 25 years as a corporate strategist and motivational speaker, Tami has spoken to audiences as large as 800,000, teaching leaders and families how to thrive through adversity. Her impressive client list has included Marriott, Goldman Sachs, Bank of America, Consumer Reports, Unilever, and The Commonwealth of Virginia. She has been recognized as an expert by national media including *The Wall Street Journal*.

As a premie advocate, Tami served as the New Jersey state spokesperson for Easterseals and the March of Dimes, and has personally spoken to dozens of NICU families in hospitals, offering guidance during their most challenging moments. She was a keynote speaker for the National Association of Neonatal Nurses (NANN) and served as Mistress of Ceremonies for the March of Dimes "March for Babies."

Tami lives in New Jersey and, although her kids are almost grown, she remains fiercely committed to supporting other parents, caregivers and families of premature babies. Her mission is to help people find light in their darkest moments by reminding them that "the context we give our experiences is ultimately our defining story."



SHORT BIOGRAPHY

Tami C. Gaines is an author, preemie advocate, and entrepreneur who transforms uncertainty into empowerment. The mother of micro-preemie twins born at just 25 weeks, she founded the Preemie P.E.A.C.E. Movement—a global initiative helping families navigate the emotional journey of prematurity. A keynote speaker for the National Association of Neonatal Nurses (NANN) and former New Jersey state spokesperson for Easterseals and the March of Dimes, Tami has shared her message with healthcare professionals and parents worldwide. With an MBA from Columbia University and 25+ years as a corporate strategist and motivational speaker, she has spoken to audiences as large as 800,000. Her book, *Preemie Parents: 26 Ways to Grow with Your Premature Baby*, offers practical strategies and hope to families facing prematurity. She lives in New Jersey and, although her kids are almost grown, she remains fiercely committed to supporting other parents, caregivers and families of premature babies.

TAMI SIGNATURE QUOTES

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

"The context we give our experiences is ultimately our defining story."

"The NICU changes everything—your faith, your focus, your future. The only thing you can control is how you grow through it."

"The NICU saves your baby. Preemie Parents saves you."

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###

BOOK REVIEWS

USER REVIEWS



Dreemie Parents is a powerful, faith-filled guide that inspired me deeply with Tami C. Gaines' strength and wisdom. Her story offers hope, resilience, and practical guidance for anyone facing life's toughest challenges.

Rick Fess



My son is now two years old, but I wish this book would have been available during his NICU stay. If you have a baby in the NICU, I highly recommend this book. It is clearly written by someone who knows just what you are going through.

Jack's Mom



Tami Gaines beautifully captures the emotional and spiritual journey of parents with premature babies, guiding readers from fear to hope and healing. Dreemie Parents is a powerful, must-read companion for anyone facing the challenges of the NICU.

Stephanie Brady



"She gives parents a spiritual and emotional boost, organized into an A to Z format, encompassing such issues as trusting your instincts, conquering negativity, and letting go. Her advice for communicating with hospital staff and taking care of oneself is elegant and on target"

Library Journal



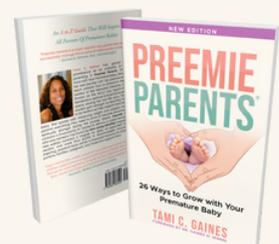
Dreemie Parents is an inspiring and heartfelt read that gave me hope when I needed it most. Tami Gaines' words reminded me that I'm not alone and that faith and perseverance can carry you through even the toughest NICU days.

Olivia



When my daughter Ali was born at 24 weeks, I was terrified and exhausted. Tami's book, given to me by a March of Dimes support person, brought me comfort, strength, and hope when I needed it most.

Donna A



MEDIA RESOURCES



Media Resources/Swipe Kit

We'd welcome the opportunity to be a part of your National Prematurity Month (November) coverage (or any other month).

Click the "Press Room" button [here](#) to access the *Preemie Parents* swipe kit:

-  Social Media
-  Photos
-  Headshot
-  Book Images

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*Let's collaborate and create
something extraordinary together!*