

# NOTES OF HOPE

## What is it?

This activity puts together Notes of Hope for parents whose babies were born too soon, or unexpectedly.

These notes can make a huge impact on the well-being of parents whose babies are in the Neonatal Intensive Care Unit (NICU)/hospital site due to pregnancy-related complications.

## Why is important?

Becoming a parent can be an exciting and challenging time. But when mom and baby are in the Neonatal Intensive Care Unit (NICU) or at the hospital unexpectedly, it can also become scary for families. Too many moms and dads are experiencing this today and receiving a meaningful note lets parents know they are not alone during one of the most uncertain times in a parent's life.

**SIGN UP**

## HOW YOU CAN DO IT:

1. Grab your supplies. You'll need cards, paper, pens, etc. or use the print-at-home template:  
<https://www.marchofdimes.org/materials/Send-a-note-to-mom-to-be.pdf>
2. Take a moment to think about your note.
3. Keep it general so that it can be given to any family going through their NICU journey. See considerations on the back.
4. Write 1-5 cards or as many as you'd like. This is a great activity to do with kids as well. Have them draw pictures or write sayings to practice their writing.
5. Package the notes together (don't close the notes if putting in smaller envelopes).
6. Place the insert included inside your package and affix the label included to the outside of the package. **Shipping cost is at the colleagues expense.**
7. Mail them to March of Dimes Fulfillment Center at 9384 Main Street, Dansville, NY 14437 for us to distribute.

## QUICK LINKS (ON BACK)

- Materials Needed
- Considerations for the notes
- Note of Hope Project Resources



If you'd prefer to send a digital note of hope please visit:

<https://www.marchofdimes.org/volunteers/send-a-note.aspx>

# MATERIALS NEEDED

Grab your supplies.

- Cards, paper, or use the print-at-home template:  
<https://www.marchofdimes.org/materials/Send-a-note-to-mom-to-be.pdf>
- Pens, markers, colored pencils etc.
- Washi tape, stickers, etc.



# CONSIDERATIONS AS YOU WRITE NOTES

Take a moment to think about your note. Please keep notes general so that it can be given to any family going through their pregnancy journey. We ask that you do not include any religious language. Please package the notes together and mail together. Do not close the notes if putting in smaller envelopes within the larger package.

Please use language that is:

- Empowering
- Uplifting
- Inspiring
- Loving

Sample messages:

- You are strong. We are with you.
- You are not alone. Please know we're thinking of you, we care about you, and we're here for you. You can do this.



# NOTE OF HOPE PROJECT RESOURCES

If you are interested in hosting a virtual note of hope project or setting up a station to engage associates, here are couple resources you can use. [Access these resources here.](#)

- **Note of Hope Project Presentation:** The presentation provides information about March of Dimes and walks through each step of the Note of Hope project.
- **Station resources:** A sign, Instructions and the template can be printed and set up in your breakroom. <https://www.marchofdimes.org/materials/Send-a-note-to-mom-to-be.pdf>



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## PLEASE PLACE INSIDE YOUR PACKAGE

The Notes of Hope were lovingly handmade by Macys colleagues for March of Dimes.

Shipped by (your name and /or store number): \_\_\_\_\_

For March of Dimes Fulfillment Center Representative: Inventory #: 06-1340-0000



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## AFFIX TO OUTSIDE OF PACKAGE (Shipping label still required)

SHIP TO:

March of Dimes Fulfillment Center

9384 Main Street, Dansville, NY 14437

Inventory Number: 06-1340-0000

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