

Sample Speaking Topics

Keys to Becoming a Phenomenal Parent Advocate

Advocating for your child, whether at a routine office visit or as part of a long-term journey with a chronically ill child, is the most important role you will play. In this talk, parents and caregivers will learn how to become a phenomenal advocate for their children.

From A Parent's Perspective

Specifically delivered as a part of a medical education curriculum for schools, hospitals, the staff of healthcare facilities and healthcare providers, in this discussion, Tami Gaines, shares her experience as a single mother of four, including twin micro-premature babies – from being on hospitalized bed rest to her journey in the neonatal intensive care unit, pediatric intensive care unit, pediatric in-patient unit, pediatric rehabilitation facility and bringing home a medically fragile child. Through her story, participants will learn how to talk to parents in a way that creates a partnership in treatment for children, improve their two-way communication skills, develop an empathetic, holistic perspective of their young patients and create empowering conversations with families.

Preemie Parent Primer

Created as an orientation for parents that are new to the NICU, this workshop covers NICU basics – dealing with the emotional rollercoaster; communicating with healthcare providers; money matters; self-care and tactics for growing through this experience. This workshop can be customized and delivered in any number of formats.

Finding P.E.A.C.E. During A Long-Term Hospital Stay

*Taken directly from Tami Gaines' book, *Preemie Parents, 26 Ways to Grow With Your Premature Baby*, this presentation gives parents five simple principles that create a foundation upon which to build emotional strength and endurance during a long-term hospital stay or in dealing with chronic illness.*

In addition to being a devoted mother of four, Tami Gaines is also a professional speaker and trainer. Drawing on her life experiences, she uses an authentic, interactive style in her talks to create a lasting impression on her audiences. Her commitment to helping parents of premature babies is evidenced in the transparency in her book, *Preemie Parents, 26 Ways to Grow With Your Premature Baby*. www.preemieparents.com and www.preemieparentsfoundation.org.