

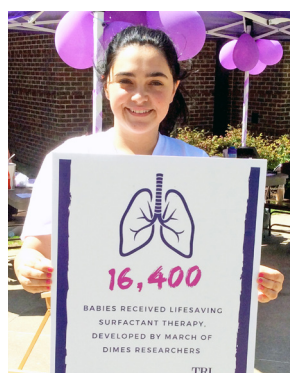
Bubble Zone Guide



As a national service partner of March of Dimes, Tri Sigmas of all generations can host local Bubble Zones to support prematurity awareness. **Here's how:**

Step 1 »

Find the March for Babies nearest you at marchforbabies.org or plan an event on your campus. If there's a March for Babies near you. Click the **Contact Us** link on the location page and let them know your chapter would like to set up a Bubble Zone as part of our national partnership with March of Dimes.



Step 2 »

You'll need at least five volunteers to work the zone at all times. Educate everyone working the Bubble Zone about surfactant replacement therapy (see page 2). We recommend all Tri Sigmas in attendance wear matching purple T-shirts or Sigma letters.

Step 3 »

Gather your supplies. Get creative with purple decorations to build your Bubble Zone and plan activities. See pages 3-5 for more info and a special offer from Purple & Pearls.



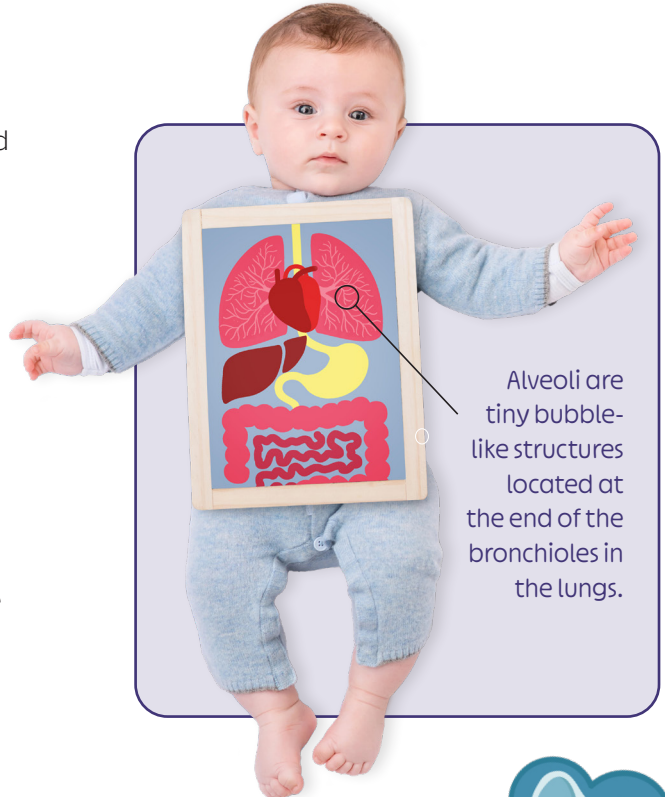
Step 4 »

Start up the bubble machine and chat with event participants about the partnership between March of Dimes and Tri Sigma. Use bubbles to illustrate the importance of surfactant therapy for premature babies.

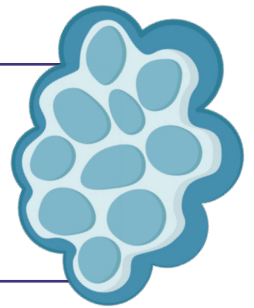
About Surfactant Therapy

When a premature baby is born before their body naturally produces the required amount of surfactant, medical intervention becomes critical.

- Surfactant, a foamy soap-like substance that coats the inside of healthy lungs, usually appears in a fetus's lungs around the 24th week of pregnancy and gradually builds to its full level by week 37.
- Without sufficient surfactant, the lung's alveoli have difficulty staying open. This limits the amount of oxygen that circulates throughout the bloodstream.
- Respiratory Distress Syndrome develops when premature babies can't keep their lungs inflated due to surfactant deficiency and require extensive mechanical ventilation.
- After birth, artificial surfactant is immediately administered through a breathing tube for extremely premature babies or once respiratory problems have revealed themselves.
- Once delivered, surfactant spreads throughout lung tissue within minutes, immediately reducing surface tension and improving lung function. During this time, the baby will be turned and moved to aid the distribution of surfactant to all parts of the lungs. Multiple doses may be needed over the first few days of life as surfactant is gradually absorbed.
- Surfactant therapy is most effective when given early—ideally within the first 2 hours of life. This dramatically reduces mortality rates, decreases the need for mechanical ventilation, and reduces the risk of chronic lung disease later in childhood.
- More than 100,000 premature babies receive surfactant therapy in the U.S. each year. Surfactant therapy has drastically improved survival rates for premature babies by more than 30% since it became standard care in the 1990s.
- Premature birth affects 1 in 10 babies in the U.S., making this a common medical intervention. Today, thanks to research funded by March of Dimes, surfactant therapy is one of the most successful treatments in neonatal medicine.



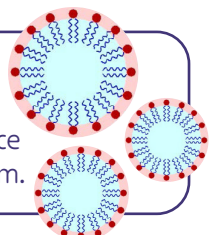
Healthy alveoli expand to take in oxygen upon inhalation and shrink to expel carbon dioxide during exhalation.



Without enough surfactant, alveoli stick together upon exhalation and have difficulty reopening.



Similar to adding a drop of soap to a greasy pan, surfactant breaks the surface tension by causing it to foam.



Bubble Zone Set-Up



Supplies »

Here are some items we recommend:

- Bottles of bubbles to give away
- Logo stickers for bottles
- Folding table and tablecloth
- Pop-up canopy tent
- Decorations such as purple balloons, bunting or paper lanterns, etc.
- Bubble machine & bubble mix
- Matching T-shirts
- Bluetooth speakers and playlist
- **REQUIRED:** a large banner that says “Bubble Zone presented by Tri Sigma National Sorority, _____ Chapter”

Bubble Mix Recipe

1 gallon of water
1 cup of sugar or 3 tbsp of corn syrup
1 cup of blue Dawn dish soap

Stir ingredients until sugar or syrup dissolves.
Let it sit overnight for best results. Multiply recipe as needed (we recommend at least 3 gallons).

Check out the [☞ Philanthropy Collection](#) from Purple & Pearls—or ask about a custom design and banner at custom@purpleandpearls.com. Other branded tablecloths and runners are available in the [☞ Chapter Supplies Collection](#).



Other supplies can be found at Amazon or Walmart. Scan the QR code to find a shopping list.

Sigma Serves Children

If your Bubble Zone is hosted during a March for Babies or family-oriented campus event like Homecoming, consider offering kid-friendly activities.



DIY Bubble Blowers »

1. Take 5-7 of drinking straws and wrap them together with a rubber band, ribbon or masking tape.
2. Pour bubble solution into plastic bowls or cups.
3. Dip one end into the solution and blow into the other side to make a giant cluster of bubbles.

Note: You can cut the straws in half if you start to run out!

Life-Sized Bubbles »

1. Place a tarp on the ground and a kiddie pool in the center. Pour bubble solution into the pool. Place a cinder block or two in the center of the pool and set a hula hoop around the block.
2. With a parent's permission, help the child stand on the cinder block(s).
3. With two people on opposite sides of the pool, lift the hula hoop up over the child's head.

Note: The block may get slippery so bring a towel to wipe it between kids.



Did you know? Tri Sigma was named National Service Partner of the Year from March of Dimes in 2024! Let's continue the fight along side them to ensure babies (and their moms!) have a fighting chance for bright, healthy futures.

purple & pearls
free
BUBBLE ZONE
banner

WITH SHIRT ORDERS OF 50 OR MORE FOR
FALL MARCH FOR DIMES EVENTS GRAPHICS!

