



# Tiny Toes

## Backgrounder

*Tiny Toes: A Couple's Journey Through Infertility, Prematurity, and Depression*

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*Tiny Toes* is a personal story of a couple struggling to create a family. The author tackles the effects of infertility, including how it almost destroyed her marriage. She illustrates the emotional trials of having a premature baby and how that, too, impacted her soul and her marriage. She also demonstrates how she was able to overcome the depression that was keeping her from her own joy.

Infertility is a disease of the reproductive system that affects men and women alike. In the U.S., approximately one out of every eight couples of childbearing age experiences infertility. The impact of infertility can extend to the soul of your very being.

Premature births are more common than even the occurrence of women's breast cancer. Watching your baby struggle to survive each day is not something any parent should have to endure. Yet, every day 1 in 9 babies are born too soon. Many of these babies have lifelong complications due to prematurity. Approximately 50,000 premature babies do not live until their first birthday.

Postpartum depression is being acknowledged as a disorder that occurs fairly frequently. Women who experience infertility and/or the premature birth of a child are more likely to encounter some form of depression than are women who have healthy pregnancies.