



Supporting Families in Their
Journey Through the NICU

Admission to the NICU

- Most often unexpected
- Unfamiliar environment
- Distance and travel
- Transports
- Critically ill infant

Parent Care Kits



Parent Care Kits

- “NICU Guide and Glossary”
- “Parenting Your Baby in the NICU”
- Baby Keepsake Journal
- Welcome letter
- Newsletter
- Sibling book (if appropriate)
- Dad and Grandparent handout

Parent Care Kits

- Additional items based on availability

Water bottles with breast feeding message

Notepads and pens

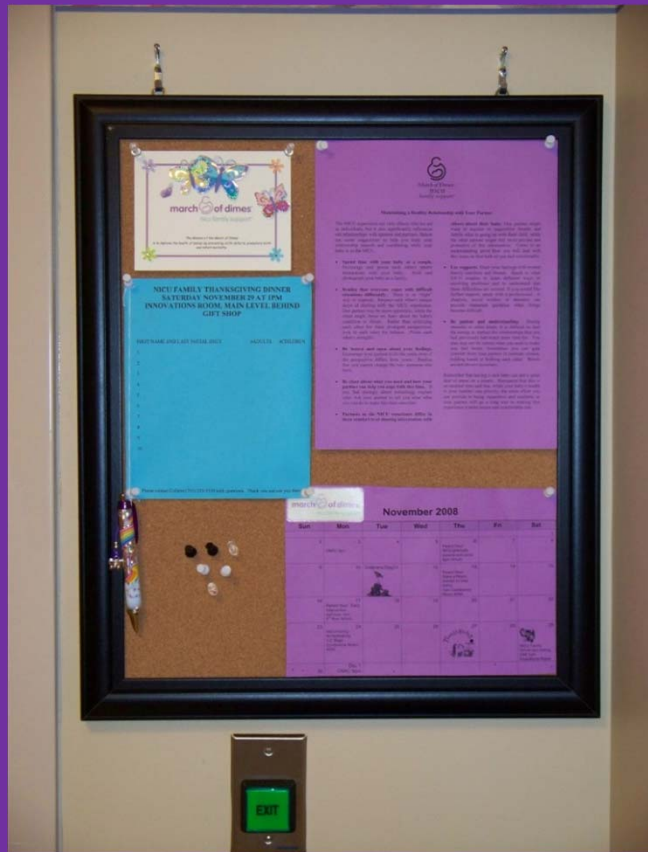
“My First NICU Photos” book

Dry Erase Board for fridge

Education in the NICU

- Bedside teaching
- Parent hours
- Bulletin boards
- Parent mailbox/handouts
- Family waiting room
- Monthly calendars

Education in the NICU



Parent Hour Topics

- “Things to Know Before You Take Your Baby Home”
- “Reading to Your Baby”
- Post-Partum Depression
- Visit NICU Graduates
- Stress Reduction
- “What is Early Intervention?”

NICU Advisory Committee

- Former NICU parents
- NICU staff
- Interested hospital staff
- March of Dimes NICU Family Support and Program Services

Modules in Place

- Family Empowerment
- Transition to Home
- Antepartum
- Close to Me
- Photography
- Bereavement

Activities at the Bedside

- Make and take fleece isolette covers
- Loom- knit baby hats
- Scrapbooking
 - “My Kids’ Inspiration” NICU scrapbooking materials
- Bedside journaling calendars

Preparing for Discharge

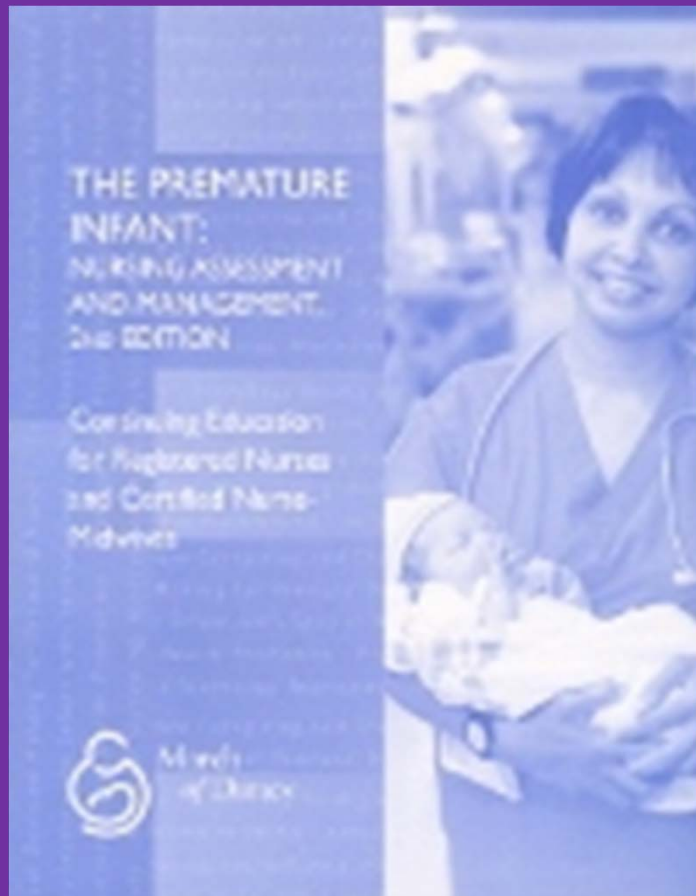
- HOME booklet
- Risk Reduction Slide Set
 - » SIDS Prevention (Sleep Sack take home gift)
 - » Shaken Baby Prevention
 - » Handwashing (Hand Sanitizer take home gift)
 - » No smoke around baby
 - » Breastfeeding
 - » Folic acid
 - » Public Health Nurse visit
 - » Community services

Schoolastic Bookcart



- Voice recognition
- Soothing
- Parenting
- Take home book

Professional Development



- “Preemie for a Day”
- Ob Emergencies and The Premature Infant facilitated studies
- Grief and Loss in the Child Bearing Period facilitated study

Supporting NICU Families

- Be a listening ear
- Let them know they are not alone
- Their experience is unique
- Healthy support
- Refer when needed

Questions or Comments?