

NICU Family Support Specialist

Being a parent or loved one of a baby in the NICU can be hard. Our NICU team cares about you and your baby. We want to meet your needs during your baby's stay at our hospital.

Our **NICU Family Support Specialist** is here for you throughout your NICU journey. As a former NICU parent herself, she knows the unique challenges of life in the NICU.

The NICU Family Support Specialist can offer:

- A listening ear from someone who understands
- Support in advocating for your child:
 - Help identify questions you have for the health care team
 - Join you for medical rounds (if you ask)
- Help with bridging communication gaps
- Self-care or activity items such as adult coloring books, puzzle books, playing cards, stress relief objects, toiletries, and more.
- Information about hospital resources for parents and siblings
- Connection with current or former NICU parents
- Support through tough times as well as celebrating your baby's successes and milestones

As a family member, **you** are a **critical** member of your baby's health care team and I am here to support you! Please do not hesitate to contact me if I can help you at any time during your NICU stay.

Wishing you all the best on your journey,

Jodi



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