





**Ronald McDonald Family Room**  
MATERNITY TOWER AT  
RILEY CHILDREN'S HEALTH

**OUR SERVICES**



**SELF CARE**  
HydroMassage® table  
Nap pod, Beauty bar



**COMFORT**  
Family space, Resting nooks  
Kitchenette



**REFRESHMENTS**  
Coffee, Water, Snacks

**BE OUR GUEST**  
SCAN TO GET HOURS & PRE-REGISTER  
TO VISIT THE FAMILY ROOM.



## New and Noteworthy

### Riley International Board Certified Lactation Consultants

Riley's International Board Certified Lactation Consult Examiners are here to provide advice and support, as well as help you choose breastfeeding supplies and accessories so you can make breastfeeding work for you and your baby. Breastfeeding support services include: education, breast pumps and accessories, and support groups.

For more information or to speak with one of our International Board Certified Lactation Consult Examiners, please let your nurse know or call: 317.948.7416

## Riley Safety Store

The Safety Store at Riley sells over 150 safety products at *low prices!*

Items available for purchase include:

- Car Seats
- Infant Sleep Sacks
- First Aid Supplies
- And more!

Call the Safety Store Hotline at 317-274-6565 or Visit the Safety Store located in the Riley Outpatient Center next to the gift shop.



## Riley Block Family Library

Did you know Riley has a Library where you can check-out books, puzzles, movies and more? The Library is located on the first floor of Riley Hospital, and is open from 9am-5pm, Monday - Friday. Give them a visit for more information!



## Q&A with NICU Grad Bryce and Mom, Michelle

**NN:** What were your first thoughts when you saw your baby?

**Michelle:** After three hard days of labor, our son was finally delivered via c-section. We knew he would be born with a heart condition, but our world quickly shattered as they showed us our son, whom we could not hold, with many more congenital birth defects than we had known. My son did not look like a typical baby. He was missing body parts. He had growths on his face we didn't understand. What was supposed to be the happiest moment of our lives quickly turned into utter fear. All we could do was cry.

**NN:** What was the best/most meaningful part of being a NICU parent?

**Michelle:** Being a NICU parent means you are a parent to the most resilient, strongest child. They fight so hard in their first few weeks of life, harder than most will ever have to in their lives. Their fight is inspirational. Watching them overcome these horrible hurdles and prove every doctor wrong when they hit milestones you never thought they would reach. It makes you a stronger person.

**NN:** What advice do you have for current NICU families?

**Michelle:** It is OK to grieve. Our entire lives, we dream of having kids and what it will be like. To have that dream start in such a negative way is extremely hard. You are grieving the loss of the life you thought your child and family would have. Ask for help. Utilize Riley's amazing and wonderful resources to help you through the hard times. It will get better. It does get better. When you walk out those Riley doors with your little one to go home, you will be a stronger person than when you entered.



*NICU*



*Now*

### Upcoming NICU Nest Events

Every Thursday: Free Pizza! Join us each Thursday in the RMH Family Lounge for a pizza lunch from 12:30pm - 2:00pm

August 31st & September 28th: NICU Baby Shower! Join NICU Nest in the RMH Family lounge from 12:30pm - 2:00pm for for desserts and a gift for every baby

