

# NICU NEST news



Riley Maternity Tower

ISSUE SIX | JUNE 2023



**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

View your baby 24/7 with NICView!

The NICView is a small camera system that allows families to view their baby in real-time through a secure online portal. The NICView allows families to feel more involved and helps to reduce stress and anxiety while families are away from their baby.

To access the NICView, you will need to fill out a consent form at the NICU information desk. You will then be given a unique log-in and password, that you can share with other family members. To log-in you will go to [www.nicview.net](http://www.nicview.net). NICView provides 24/7 technical support for families and can be reached at: 1-855-Nic-View (1-855-642-8439).

Please remember that your baby's care is our top priority and your baby's image will be offline while care is being provided. Please be patient and know that your baby is receiving excellent care.

*NICView is made possible by a generous donation from the Kroger family. Baby Kennedy (pictured right) was the inspiration for this generous gift.*



## 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 Iris and Mom, Abby

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

**Abby:** We were fortunate to deliver at Riley. When they found out that Iris was unwell, I was flown to Riley where we spent the next 4 days trying to gain information on Iris. There was a lot of unknown given her diagnosis of Hydrops Fetalis. We were preparing ourselves that Iris may not make it through delivery. When she first arrived I wanted the NICU to immediately step in (which of course they did!). The next couple of hours were challenging as we waited. Then we got to see her. It was like a weight was lifted off us. She was alive. She wasn't breathing on her own but she was fighting. By the next morning, Iris was impressing everyone! She wasn't supposed to survive but instead she quickly progressed on her ventilators. We did not get to hold our baby girl until she was 5 days old. But we trusted the doctors and nurses who were taken care of her and doing the best thing for her. When I held her, all my worries went away. We would still be in the NICU for many more weeks but it felt like the progression I needed to see.

**NN:** What is your favorite NICU memory?

**Abby:** Oh man, so many!! Our nurses the first couple of days with Iris were incredible. They invested so much into her and us. They were her biggest cheerleaders when we did not know how to feel. But it was so beautiful watching all the nurses come say goodbye to Iris the day we left. It was a celebration! As we were leaving, our original NICU doctor who talked to us before Iris was born and was there the night and her first day of life, was back on rotations. She got to celebrate with us. It was awesome!

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

**Abby:** You are welcomed to a community that you never planned on being in. You have such a unique experience and birth story. You make connections with nurses and staff that become friends. They see you in your most vulnerable moments and love/accept you in this stage of life. I am very invested in my career and my education but in the NICU I was just Iris' mom. It was an experience unlike anything.

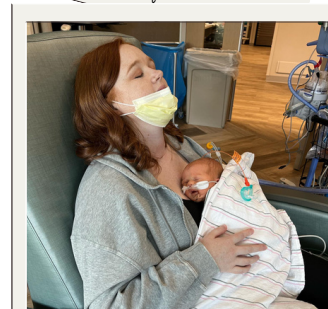
**NN:** What advice do you have for current NICU families?

**Abby:**

- Follow @DearNICUMama on Instagram! It was such a positive and uplifting account. It helped me navigate so many feelings inside and outside of the NICU.
- When you are there, go to the family opportunities. I don't typically enjoy moments like that, but it allowed me to have a network of other parents.
- Share your story with others! Get involved in a local Dance Marathon at a high school or college. Remember there is a network of other parents cheering you on!



*NICU*



*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

June 29th & July 27th: 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

*It's kind of fun  
to do the Impossible*  
-Walt Disney



**Ask your Family Support Coordinator about the NICU Nest Book Cart!**

*I hope you  
know you're  
capable + brave  
+ significant.*