

NICU NEST news



Riley Maternity Tower

ISSUE THREE | MARCH 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

Child Life Services in the Maternity Tower NICU

Child Life Specialists are certified professionals with advanced education in child life, child health, child development and/or related fields. Child Life works closely with healthcare providers at Riley at IU Health to serve your child's needs, including psychosocial and emotional support, procedural support, and medical play/preparation. Child Life can encourage your baby's optimal development in the NICU, along with sibling and family member support.



To request child life services, please contact childliferiley@iuhealth.org

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!



MONTHLY FEATURE FAMILY

Q&A with NICU Grads Marleigh & Mariana, and Mom, Merle

NN: What were your first thoughts when you saw your babies?

Merle: My first thoughts were omg are they gonna be okay? They are so little! I'm so in love!

NN: What was the greatest challenge for you as a NICU parent?

Merle: My greatest challenge was learning that I have to take care of myself so that I can be there for my girls. I was at the NICU twice a day until I got sick. Being a parent is hard but being a single parent is something else.

NN: What is life like now, after the NICU?

Merle: Life is crazy now lol. The girls are so spunky. I fall in love with them DAILY and they teach me as well. They have made me a better woman and taught me more discipline. They are full of love and life and SO MUCH energy lol. Unless I told you, you would never know they started at 2 lbs and 3lbs.

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

Merle: The best advice that I can give is to never compare your NICU journey to anyone else's journey. Every baby is different and will move at their own pace so don't get discouraged. Also make sure you take care of you. Your little one(s) are in the best place they can be to get well and come home with you. Remember that it's not your fault that they are finishing outside the belly. You did the best you could.



Upcoming NICU Nest Events

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

March 31st & April 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



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

breathe in love,
breathe out fear.
breathe in peace,
breathe out pain.
breathe.