



**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

Art Therapists at Riley!

Art therapists at Riley at IU Health provide mental health counseling through expressive experiences that promote emotional health and physical healing. Riley Art Therapists are educated in both art and psychology and specially trained to use artmaking as a form of therapy to treat anxiety, depression, and psychosocial and emotional difficulties related to illness, trauma, and loss.

If you feel you could benefit from art therapy services while your child is hospitalized, please request your care team put in an order for art therapy. You may also email the Art Therapy group at RileyArtTherapy@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!



Q&A with NICU Grads Margaret & Charlotte, and Mom and Dad, Emma & Michael

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

Michael: When I first saw the girls, I had almost no thoughts - I was completely overwhelmed. We were running on very little sleep or food, mostly adrenaline and stress. I was scared and terrified and excited and confused. I was concerned that they were not doing great, I was concerned about Emma, I was upset by the alarms and tests. At the same time, I was beyond excited to see the most beautiful people I had ever seen.

Emma: It was about 5 hours after delivery when I first saw Margaret and Charlotte. I was still in shock surrounding the circumstances of their birth. Finally seeing them, not just through pictures, brought me to reality. I was totally in awe at how small they were, yet ready to take on the world, of course with some help.

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

Michael: The best part of being a NICU parent - no offense - was taking the girls home from the NICU. While in the NICU, the best part was the incredible support our girls received and the community we became a part of. We could talk with the incredible nurses and doctors and fellow NICU parents about the challenges of hospitals, the best places for dinner to get out of the hospital for a few minutes, the personalities our girls had started to develop and show outwardly. It was a blessing I will not quickly forget.

Emma: The best part of being a NICU parent was the unwavering support we received. Be it from friends and family or the many layers of the care team at Riley, I always felt like our family was wrapped in love and support.

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

Michael: Our journey in the NICU was exceedingly difficult. We would not have been able to survive the experience without the community we came into the NICU with and the community we found at Riley. Taking advantage of those you can trust and talk with about nothing and everything is essential to make it through. For me that was my wife, my friends, and the nurses and doctors at Riley.


Emma: My mantra while our babies were in the NICU was "This too shall pass." Those 3.5 months, especially at the beginning, felt like they would never end. I remind myself that even though our babies were not at home where we wanted them to be, their time in the NICU was not lost time. There were still incredible moments of connection and starting to learn who Margaret and Charlotte are as individuals.



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!**



"be a rainbow in someone else's cloud"

- Maya Angelou