





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

Spending the Holidays in the NICU

Celebrating a holiday in the NICU can be difficult and different. However, there are many things that families can do to make the most of this experience. Perhaps the best thought is to give yourself grace during this time.

This year is different and not at all the way you thought it was going to be. There are some ways to create positive memories with your baby while in the NICU. Have a conversation early with your care team to see what is allowed to happen in the NICU. This will vary depending on your baby and their level of care. Be open and honest and talk with them about your family traditions and your hopes. Be open to modifications and problem-solve together. Read Holiday books to your baby. Use technology to help others that are important to you join in the celebrations. Videos, live video calls, and the NICView camera can help close the distance when others can't be physically present. If you have other children, it's okay to leave to celebrate with them.

Take pictures to commemorate the "firsts" that you are experiencing with your baby. Yes, it's different, but you'll want these memories later. And finally, enjoy this time with your baby and focus on the positives.

Dr. Christine Raches, PsyD

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.



MONTHLY FEATURE FAMILY

Q&A with NICU Grad, Hendrix and Mom, Stacie

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

Stacie: Seeing Hendrix for the first time was greater than any love or joy I had ever experienced before. It was surreal meeting the tiny human that had moved around in my belly for months... I was honestly shocked. But I was overcome with relief knowing he was on the outside world with his eyes open and breathing on his own. I also knew immediately he looked just like his father! I had him on my birthday and it was the best gift I've ever received!

NN: What is your favorite NICU memory?

Stacie: The best NICU memory is doing skin-to-skin the first time (16 hours after Hendrix was born) and also when 15 of our favorite nurses & techs came to say bye on our final 2 days before discharge. We all took photos, hugged, and cried and it really felt like we had a new family!

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

Stacie: The best part of being a NICU parent is the friendships we made with the nurses and staff at Riley. Everyone was so patient and kind and loved Hendrix like he was their own. We still talk to many of the nurses daily and I come back to the hospital to visit and say hi once a month!

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

Stacie: Take care of yourself and try to sleep when you can! It's easy to stay in that room and never leave, but getting fresh air really does help! Also, be involved in care times when you are there. It's really intimidating at first to hold such a fragile baby hooked up to so many wires, but I promise it gets easier with time and you'll go home feeling a lot more confident taking care of your little one.



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

December 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



You CAN do the
IMPOSSIBLE,
because you've
been through the
UNIMAGINABLE

Christina Rasmussen



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

TO THE WORLD
YOU MAY BE
ONE PERSON, BUT
TO ONE PERSON
YOU MAY BE
THE WORLD.