





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 Grad, Corey and Mom, Tidara

NN: What is your favorite NICU memory?

Tidara: My favorite NICU memory was when I was able to see my son for the first time, and also seeing him and his father bonding doing skin to skin; idk something about that warmed my heart.

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

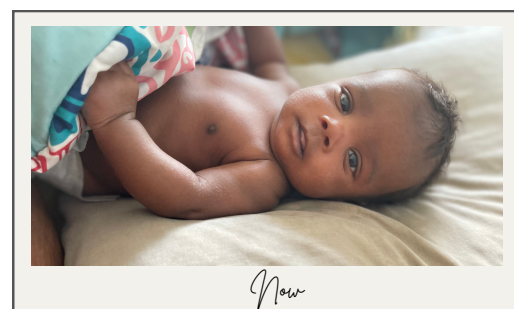
Tidara: I got to say the best part of being a NICU parent at Riley will have to be Thursdays when we had books and pizza and Ms. Lindsey (NICU Nest) would come around and take pictures, giving us memories that always made my day.

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

Tidara: Life now is great, we love bonding with our son. We love seeing him grow every day.

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

Tidara: Some advice I could give is to trust your doctors and nurses. Also trust yourself and don't be afraid to speak up about what's being done to your baby; your opinion matters and it counts. Ask questions if needed. At the end of the day, mother knows best.



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

October 26th & November 30th: NICU Baby Shower! Join NICU Nest in the RMH Family lounge from 12:30pm - 2:00pm for desserts and a gift for every baby

