

NICU NEST news



Simon Family Tower

ISSUE THREE | MARCH 2023



Ronald
McDonald
Family Room®

A PRIVATE PLACE AWAY
FROM THE MEDICAL SPACE



BE OUR GUEST

SCAN FOR HOURS, LOCATIONS
& PRE-REGISTER TO VISIT

NOTE: Due to hospital guidelines, the Ronald McDonald
Family Rooms may not be visited by patients.

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.



New and Noteworthy

Child Life Services in the Simon Family 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
support your baby in the NICU
as well as support siblings and
other family members needs.

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



Morgan Watson
Child Life Specialist

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 Monday: Free Pizza! Join us each Monday in the NICU Family Lounge for a pizza lunch from 12:00pm - 1:30pm

March 1st & April 5th: NICU Baby Shower! Join NICU Nest in the NICU Family lounge from 1:00pm - 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.