



www.support4NICUparents.org

Suggested Activities for Informal Parent Get-togethers

Knitting

Scrapbooking

Journaling group

Coffee Hour

Donuts for Dads

Breastfeeding support group

Parent orientation to the NICU (offer every week)

Pet Therapy

Art Group

NICU Parent Survival Guide

Holiday Dinners

Pizza and Poker for Dads

Sibling activities or playgroups

Lunch and Learn Topics (can either be presented to parents alone and/or to staff)

We suggest you ask your current staff what topics they can present on, as well as asking people from community agencies with whom your NICU works.

Breastmilk Pumping and Feeding: How to sustain it over time (presented by lactation consultant or nurse)

Learn your baby's behavioral cues (presented by NICU therapist)



Support4NICUParents is a program of the National Perinatal Association

www.nationalperinatal.org

Tips on successfully feeding baby (presented by NICU therapist)

Infant Massage (presented by someone who is trained in this)

Ask a Neonatologist

Ask a NICU Nurse

What you need to know about Safe Sleep (presented by neonatologist, NNP or nurse)

What you need to know about protecting your baby from RSV (presented by neonatologist or NNP)

What you need to know about baby blues, postpartum depression and PTSD (presented by social worker or psychologist)

How to become your baby's best advocate (presented by peer support leader)

How to enhance your baby's development during your NICU stay and beyond (presented by NICU therapist)

What to expect from visiting nurses and in-home therapists (presented by community visiting nurses association or Early Childhood Intervention service providers)

Getting ready to bring baby home: what you need to know (presented by NICU nurse or discharge planner/coordinator)

11/20/15