



SUPPORTING FRIENDS
AND FAMILY DURING
THEIR NICU STAY



WAYS YOU CAN PRACTICALLY SUPPORT A FRIEND WHEN THEIR BABY IS IN NICU...

When your friend or loved one has their baby, it is meant to be a happy occasion, where you wrap them up in love and cuddles and celebrate their little one coming into the world. What do you do when they have their baby and they are taken into the NICU?

When those meant to be celebrated moments are tinged with anxiety, trauma, fear and worry? Sometimes, it can be hard to know what to say, or what to do, given that you might not have been here before.

Know that there is a lot that you can do, but the person probably can't tell you what they need because they probably don't quite know themselves. Past NICU parents in our community have shared this list of things that helped them or would have helped.

- 01 Prepare or send frozen meals for evenings after getting home from NICU or to take to hospital for lunches
- 02 Offer to look after older children and do fun things with them so parents can spend the day with their new baby guilt free, knowing their other child is happy
- 03 Send messages to check in that don't need a response
- 04 Offer to clean their home and do their laundry so they have a tidy home to return to in the evenings and don't have to worry about chores or cleaning before baby comes home
- 05 Send care packages with snacks and creature comforts, especially for those parents staying at a hospital away from home
- 06 Offer lifts to and from hospital if Mum can't drive due to C-section or any other reason
- 07 Go and meet them at hospital for lunch, or take them out for a short time, even though you understand might not be invited or able to go and visit baby
- 08 Offer to do life admin like cancelling appointments or events committed to before baby was born... anything that will be taking their focus off being with baby or adding stress to their lives
- 09 Don't forget them once they are home, it is just as hard if not more anxiety inducing to have a tiny or poorly baby at home