HEALTHY PARENT CHECKLIST

Today have I...

☐ Eaten in the past 3 hours? Had any water?
☐ Gotten enough sleep? (5 hours or taken a nap?)
☐ Taken a shower?
☐ Changed my clothes?

☐ Stepped outside?
☐ Left the house?
☐ Moved my body? Take a walk or do some stretches.
☐ Interacted with another adult? (And not just talked about the baby?)

☐ Laughed? Watch a funny video or catch up with a good friend.
☐ Listened to music?
☐ Allowed someone to help me?
☐ Snuggled or touched my baby? If in the NICU, have I visited, talked or read to my baby?

Have you...

☐ Changed any medications recently?
☐ Had trouble sleeping/been sleeping excessively?
☐ Overexerted yourself physically or emotionally?
☐ Spoken with a medical professional?

in partnership with Sage Therapeutics™
Having a baby in the NICU is life-changing. But you don't have to do it alone.

Peer Mentor Program
Having a medically fragile baby can be isolating. Hand to Hold matches you with trained NICU-graduate parents who share a similar journey.
Request support today: (855) 424-6428
support@handtohold.org
handtohold.org/support

Support Communities
Community and understanding is just a click away with Hand to Hold’s virtual support groups and private Facebook groups, where you can ask questions and connect with other families in a safe, supportive environment.
handtohold.org/supportgroups

Additional Free Resources
Read helpful articles and touching family stories at handtohold.org/blog
Listen to podcasts for reassurance and strength during your NICU journey and beyond. Search "Hand to Hold" and subscribe on Apple Podcasts, Stitcher & Spotify or listen at handtohold.org/podcasts.