HOW TO SUPPORT YOUR PARTNER DURING A NICU STAY

CARE
- Make sure they get plenty of healthy food, water and rest.
- If mom is pumping, take over labeling bottles, washing pump parts and keeping her hydrated.
- Give them a break from the bedside.

COMMUNICATE
- Talk openly about how you are feeling and coping.
- For partners who need to be “doing” something, give them tasks: read to baby, communicate with family, take photos.
- Encourage your partner to participate in care: changing diapers, kangaroo care, feeding etc, and make sure you each have opportunities to bond with the baby.
- Understand that everyone has different coping mechanisms.

SUPPORT
- Listen and empathize without giving solutions or discouraging negative feelings.
- Your partner may be feeling guilt. Reassure them that none of this is their fault.
- Understand that your partner may feel increased pressure to provide and support the family financially.
- Be patient.
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.

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.