



HAND to HOLD
Fragile Babies. Family Support.

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.

in partnership with



Fragile Babies. Family Support.



Toll Free: 855-H2H-NICU | 855-424-6428 | handtohold.org | © 2020 Hand to Hold

We Are Your Hand to Hold

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.