

HOW TO HELP A FAMILY IN THE NICU

My friend or family member had a NICU baby.
How can I help?



HOUSEHOLD TASKS

Make arrangements for the family to have their lawn mowed, their house cleaned, or their pets taken care of.



CHILD CARE

Offering to babysit will allow both parents to visit the NICU at the same time – a rare occurrence for those with older children.



MONETARY GIFTS

Gift cards to restaurants near the hospital, for gas or even a pre-paid Visa or MasterCard gift card are immensely helpful to ease the financial burden.



PARKING PASSES

Has the hospital provided them a parking pass? If not, consider purchasing one for them, as paying for parking every day gets expensive.



ACKNOWLEDGE

Some NICU parents may not like the idea of being congratulated (and plenty do love it!), but an acknowledgement of the birth of a child is a wonderful thing.



CHECK IN

Offer a quick text of support, with no obligation to respond. They read them, and they appreciate them.



SHOW EMPATHY

Be ready to lend a nonjudgmental ear. Allow your friend the space to vent. Avoid trying to offer solutions.