

You Are Not Alone

Approximately 1 out of every 10 newborns is admitted to the NICU each year. Most parents feel blind-sided by the emotional, physical, financial, and psychological impact of caring for a medically fragile baby.

We're Your Hand to Hold

Hand to Hold offers in-hospital programs, articles and blogs, podcasts, social networks, and one-on-one mentors matched to your needs. All our resources were designed for the emotional, physical, and social needs of the whole NICU family - moms, dads, siblings, grandparents, and your extended support network.

Here When You Need Us

Our goal is to help families like yours during a NICU stay and in the years that follow. We know first-hand that the impact of the NICU can persist for many years, and bringing your medically fragile baby home can be overwhelming. Hand to Hold is here for you every step of the way.

Find the Support You Need

87% of parents report peer support reduced depression, anxiety, and stress.



Who is Hand to Hold?

Hand to Hold is a national nonprofit founded in 2010 by a NICU graduate parent who experienced first-hand the isolation, trauma, and lasting impact of a NICU stay.



Kelli Kelley
Founder &
Executive Director

Our caring social work team uses their personal and professional experiences to ensure all Hand to Hold programs and services work for our NICU families, at every step in the journey.

Our Mission

Hand to Hold's mission is to provide comprehensive navigation resources and support programs to parents of preemies, babies born with special healthcare needs, and those who have experienced a loss due to these or other complications.

Hand to Hold enables a network of families to offer support, comfort and understanding to one another, and provides them with knowledge, information, and resources to reduce the impact of a NICU stay and ensure the best outcome for their children and family.



HAND to HOLD

(855) 424-6428 toll free
support@handtohold.org
www.handtohold.org/support



HAND to HOLD
Fragile Babies. **Family Support.**

You Are Not Alone



Having a baby in the NICU is life-changing. But you don't have to do it alone. Hand to Hold is a **community of experienced NICU families** and professionals who understand what you're going through.

Whether your baby is premature, has special healthcare needs, or you're grieving a loss, **Hand to Hold provides support for your whole family** to get through this challenging time - and beyond.

Support

TALK WITH SOMEONE WHO HAS TRAVELED THE NICU JOURNEY

Having a baby in the neonatal intensive care unit (NICU) or the loss of a baby can be an isolating experience. The benefits of peer mentoring are deep and far-reaching, providing mental and emotional help that leads to stable futures for your whole family.



No matter what your NICU experience has been, Hand to Hold can connect you with a Helping Hand peer mentor who has been where you are now. Through our award-winning peer mentoring program, our caring staff will match you with a trained NICU graduate parent who has a similar birth story or diagnosis. Participation in the program is free and there is no time limit to request support.

We are here when you need us.

Request support:
(855) 424-6428



HEALING FOR YOUR WHOLE FAMILY

Whether you have a baby in the NICU or you've experienced a loss, the entire family is affected. Siblings, grandparents and other family members need support, encouragement, and information, too. Hand to Hold provides resources for your whole family.



Resources

KNOWLEDGE IS POWER

HandtoHold.org

Recognized nationally as a leading source of information and support for NICU families, our website shares timely, relevant resources designed to support you no matter what stage of the journey you are on with your child. It includes dozens of helpful articles on a variety of relevant topics.

- High-Risk Pregnancy and Bedrest
- While You're in the NICU
- Coming Home
- Emotional Support
- Feeding and Nutrition
- Support for Siblings of NICU Babies
- Your Child's Development
- Caring for Your Mental Health
- Bereavement and Grief



WATCH AND LISTEN

NICU Now Podcast



NICU Now, our free Audio Support Series, is designed to help you understand and process your emotions, fears, and questions related to your NICU journey.

YouTube Video Library

Hand to Hold's YouTube channel makes it easy for you to find reliable information, in English and Spanish, featuring healthcare professionals addressing critical topics from RSV and nutrition, to breastfeeding and understanding PTSD resulting from a NICU stay.

Community

Hand to Hold began with the idea that community and connection are essential to healing and health for NICU families. Our comprehensive network of online communities meets you wherever you are in your NICU journey, and offers practical advice, sympathy, hope, and inspiration to see you through.

HAND TO HOLD BLOG

Parent and Professional Insights

Our NICU parent blog offers personal stories, insights, and helpful information to NICU families, directly from parents who have been there themselves.

NICU FAMILY FORUM

Facebook Community

NICU Family Forum is an interactive peer-support group that allows NICU families to seek out advice and share inspiration directly with one another online. Families who are going through or have had a NICU experience with their pre-term or full-term infants offer practical advice, as well as emotional support.



I suddenly realized that addressing my own emotional needs was an important part of providing *the best care* for my son.

~ Marilbel, mom of 31 weeker