



Impact on Society

Third Quarter 2018

Hand to Hold helps families before, during and after NICU stays and infant loss by providing powerful resources for the whole family, and most importantly, one-on-one mentoring from someone who has been there. Your contribution to Hand to Hold funds key initiatives to break down barriers to psychosocial support for NICU families nationwide.

What Your Donation Did This Quarter:

- Improved peer mentor and ambassador training, better serving our NICU families.
- Developed the new NICU Love & Loss podcast for bereaved families.
- Allowed us to participate in NICU reunions at our partner hospitals, as well as NICU memorial services at two hospitals in Austin to honor the lives of little ones lost in 2018.

Providing Support After the NICU



The Beyond the NICU support group launched in September 2018! We are very excited to start this pilot program in Austin so we may provide better care to our local graduate families as they return home. For many families, the difficulties are not over once they leave the NICU. This support group provides a safe space for addressing the ongoing emotions that come with caring for little ones with continuing health care needs. Just as Hand to Hold offers

resources and services to connect families to others and tangibly remind them they are not alone, this new group is able to offer continuation of care to families following discharge.

Peer Mentor Growth

From July 2018 to September 2018, our Peer Mentor program has had tremendous growth! We have added 33 new peer mentors to our volunteer list. That's a 27% increase in volunteer mentors in only three months. Your support makes sure these mentors have the best training and can help many NICU families.



"Knowing I have a support person to turn to in times of need that truly understands the NICU experience is absolutely priceless and wonderful for my post-partum mental health!"

-Lindsay
NICU mom



Sibling Sundaes with Hand to Hold

Hand to Hold knows that the premature birth of a baby, the birth of a baby with special healthcare needs or the loss of a baby affects the lives of all family members. Like parents, siblings need support and encouragement through a NICU stay. Sibling Sundaes provide a hands-on learning experience for children visiting the NICU and allows them to ask questions and share their feelings about baby brother or baby sister.

At each Sibling Sundae event, families are encouraged to make a card or craft for their baby to create connection. Then, time is allocated for visiting their baby or babies following NICU guidelines and regulations. When they return from the unit, a special sundae treat is waiting for them.

Benefits of Sibling Sundaes

- Families can ask NICU staff questions and talk with a Hand to Hold ambassador.
- Siblings learn how to keep themselves and baby healthy after discharge.
- Provides an opportunity for families to meet other families in the same situation.

NICU Nurse Appreciation Day

Neonatal Nurses Day is a day to honor and celebrate the dedication of neonatal nurses to the tiniest patients. This year we honored our NICU nurses at hospitals in Austin, Dallas, and Lake Charles, LA, with a special gift: a customized retractable badge lanyard. It is an absolute pleasure for us to honor these everyday heroes that serve and care for our families and support Hand to Hold's mission.

Impact by the Numbers

January 1, 2018 - September 30, 2018



2,578

NICU BEDSIDE VISITS



NICU HEROES
PODCAST
PRODUCED BY
HAND to HOLD

2,000+

UNIQUE
DOWNLOADS

FROM LAUNCH IN JUNE 2018



NICU NOW
PODCAST
PRODUCED BY
HAND to HOLD



154 ACTIVE MENTORS

228 GENERAL SUPPORT REQUESTS

77 PEER MATCHES MADE

22,000+ DOWNLOADS
IN 60 COUNTRIES
FROM 2017 LAUNCH TO END
OF SEPTEMBER 2018

725

**FAMILY MEMBERS ATTENDED
SUPPORT GROUP**



*Hand to Hold's
NICU Now Podcast
is listened to in 60
different countries
around the world.*



**FIGHT LIKE A
PREEMIE**

H HAND to HOLD
Fragile Babies. Family Support.

This giving season, we want you to throw your hat in the ring and fight like a preemie. Donate today and share on Facebook or Instagram using the hashtag **#FightLikeAPremie**.

**We're not throwing in the towel,
and neither should you!**
handtohold.org/fightlikeapremie



Fragile Babies. **Family Support.**

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