



HAND to HOLD
Fragile Babies. Family Support.

HEALTHY PARENT CHECKLIST

Today have I...

- Eaten in the past 3 hours? Had any water?
- Gotten enough sleep? (5 hours or taken a nap?)
- Taken a shower?
- Changed my clothes?

- Stepped outside?
- Left the house?
- Moved my body? *Take a walk or do some stretches.*
- Interacted with another adult? (And not just talked about the baby?)

- Laughed? *Watch a funny video or catch up with a good friend.*
- Listened to music?
- Allowed someone to help me?
- Snuggled or touched my baby? If in the NICU, have I visited, talked or read to my baby?

Have you...

- Changed any medications recently?
- Had trouble sleeping/been sleeping excessively?
- Overexerted yourself physically or emotionally?
- Spoken with a medical professional?

in partnership with  **Sage**
Therapeutics™

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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.