



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?

YOU ARE NOT ALONE.

The NICU is hard. We're here to help.



Hand to Hold App

Convenient access to Hand to Hold's virtual support services, parent communities and educational library. All NICU and bereaved parents are welcome, and support is provided at no cost to families.

In-App Support Services:

- Support groups with Certified Mental Health Peer Specialist with lived experience (Virtual)
- Educational resources
- Podcast: NICU Babies, Parent Support
- Peer support program
- Bereavement support
- Counseling (TX & FL only)