



**Hand to Hold**<sup>™</sup>  
NICU BABIES · PARENT SUPPORT

# HOW TO SUPPORT YOUR PARTNER DURING A NICU STAY

## CARE

- Make sure they get plenty of healthy food, water and rest.
- If mom is pumping, take over labeling bottles, washing pump parts and keeping her hydrated.
- Give them a break from the bedside.

## COMMUNICATE

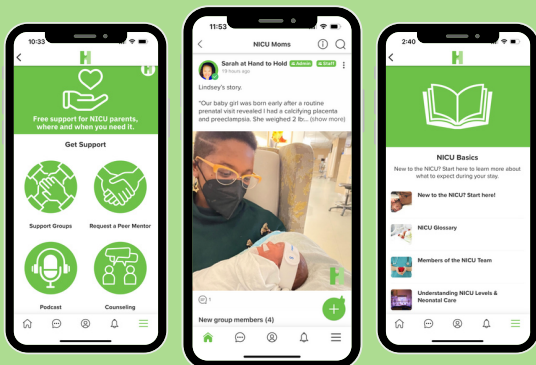
- Talk openly about how you are feeling and coping.
- For partners who need to be “doing” something, give them tasks: read to baby, communicate with family, take photos.
- Encourage your partner to participate in care: changing diapers, kangaroo care, feeding etc, and make sure you each have opportunities to bond with the baby.
- Understand that everyone has different coping mechanisms.

## SUPPORT

- Listen and empathize without giving solutions or discouraging negative feelings.
- Your partner may be feeling guilt. Reassure them that none of this is their fault.
- Understand that your partner may feel increased pressure to provide and support the family financially.
- Be patient.

# 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)