



**Ronald  
McDonald  
Family Room**

MATERNITY TOWER AT  
RILEY CHILDREN'S HEALTH

## OUR SERVICES



### SELF CARE

HydroMassage® table  
Nap pod, Beauty bar



### COMFORT

Family space, Resting nooks  
Kitchenette



### REFRESHMENTS

Coffee, Water, Snacks



### BE OUR GUEST

SCAN TO GET HOURS & PRE-REGISTER  
TO VISIT THE FAMILY ROOM.

## Riley Safety Store

The Safety Store at Riley sells over 150 safety products at *low prices!*

Items available for purchase include:

- Car Seats
- Infant Sleep Sacks
- First Aid Supplies
- And more!

Call the Safety Store  
Hotline at 317-274-6565  
or Visit the Safety Store  
located in the Riley  
Outpatient Center  
next to the gift shop.



## New and Noteworthy

### Spiritual Care & Chaplaincy Services at Riley

Riley at IU Health acknowledges the tri-fold nature of life through our Spiritual Care & Chaplaincy Services—a team that supports healing and wholeness in patients, families and staff. Our purpose is to bring peace, care and compassion to human challenges—from sorrow and conflict to joy and celebration.

Chaplains are available 24 hours a day, seven days a week to anyone who needs support. You can contact Chaplaincy at 317.944.7415 (Monday thru Friday, 8:00am - 4:30pm) or call the operator at 317.962.5500 during after-hours. Any member of our healthcare team can also arrange a visit at your request.

## Riley Block Family Library

Did you know Riley has a Library where you can check-out books, puzzles, movies and more? The Library is located on the first floor of Riley Hospital, and is open from 9am-5pm, Monday - Friday. Give them a visit for more information!



## Q&A with NICU Grad Cameron and Mom, Nicole

**NN:** What were your first thoughts when you saw your baby?

**Nicole:** I felt immediate relief. Right after, I felt nervous and helpless. I wanted to just to hold him and give him comfort. When I was not able to do that, it was emotional.

**NN:** What is your favorite NICU memory?

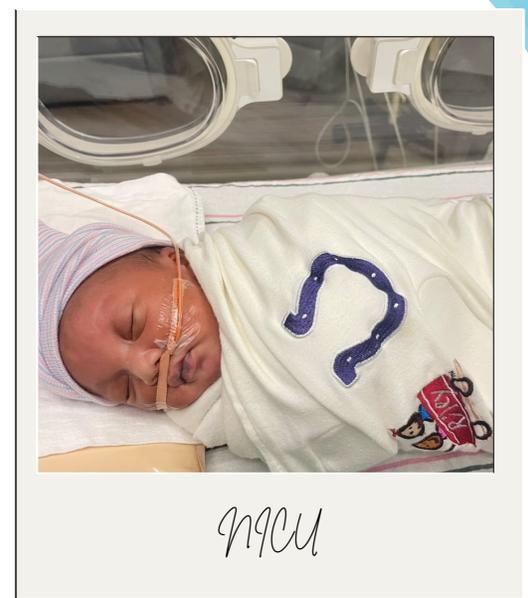
**Nicole:** The pictures! Ms. Brittany would have a picture of the babies every week to show how progression of our babies. I absolutely loved that! The cute gifts and themes she would have were a bonus.

**NN:** What was the best/most meaningful part of being a NICU parent?

**Nicole:** The most meaningful part of being a NICU parent was knowing that I was not alone. Just being in that area of the hospital and coming and going, a lot of emotions are going on simultaneously. Seeing and speaking with other NICU parents brought comfort.

**NN:** What is life now, after the NICU?

**Nicole:** Life is well. Baby Cameron still has his challenges, but hey don't we all! He has grown so much to the point where I sometimes remind myself that we did spend time in the NICU. He is our families miracle. He shows us what strength looks like.



### Upcoming NICU Nest Events

Every Thursday: Free Pizza! Join us each Thursday in the RMH Family Lounge for a pizza lunch from 12:30pm - 2:00pm

July 27th & August 31st: NICU Baby Shower! Join NICU Nest in the RMH Family lounge from 12:30pm - 2:00pm for for desserts and a gift for every baby

HAPPINESS  
CAN BE FOUND, EVEN IN THE  
DARKEST OF TIMES, IF ONE ONLY  
REMEMBERS TO TURN ON THE  
LIGHT.  
~ALBUS DUMBLEDORE

 Ask your Family Support Coordinator about the NICU Nest Book Cart!

