





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.



New and Noteworthy

New faces at the Maternity Tower!

Starting in May, you will be seeing Beth DeHoff, NICU Nest Financial Resource Coordinator, and Lindsey Bartley, NICU Nest Project Coordinator around the NICU. Beth and Lindsey will begin supporting Maternity Tower Families in June!

As a mom of 2 kids with special healthcare needs, one of which who spent time at Riley after birth, Lindsey understands what you're going through and is here to listen and provide support.

If you have questions about NICU Nest's support services, including weekly baby photos, meals, and books for babies, please reach out to Lindsey directly: linbart@iu.edu, call/text: 317-778-3416

Beth is NICU Nest's Financial Resource Coordinator (whom also is a Mom of a child with special needs!) and is here to support you with any health care financing needs. If you have questions about adding baby to insurance, or any other health care finance questions, please reach out to Beth directly: text/call 317-954-0327 or badehoff@iu.edu



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.



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 Kaci Ella and Mom, Kristen

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

Kristen: My first thoughts when I saw Kaci are a blur. I remember being so overwhelmed with how large the NICU was compared to the NICU at our local hospital. I remember thinking how she was in great hands at this state of the art facility. When her nurse began talking about her medical treatment I felt like I was listening to a foreign language. When I held her it was like holding air. I think I stared at her for 5 minutes straight; just in total awe. It took a couple more visits to finally click, "This is our miracle daughter!".

NN: What was the greatest challenge for you as a NICU parent?

Kristen: There were many challenges being a NICU parent, but the greatest was when we would get to the end of a "5 day event free" countdown thinking that we were close to being discharged and on day 3 or 4 out of 5 she would have an event (where her heartrate would drop) which put us back to square one. There were many times that we "knew" in our hearts she would be going home, and then experiencing the heartbreak we felt when her stay continued. The rollercoaster of getting our hopes up and down was exhausting.

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

Kristen: The most meaningful part of being a NICU parent was witnessing my own strength first-hand. NICU parents are the strongest people I have ever met, and looking back on everything we've gone through; it's mind-blowing.

NN: What advice do you have for current NICU families?

Kristen: In the kitchen area of the NICU waiting room were inspirational quotes for the parents to take. On a particularly rough day, one quote jumped out at me. It said, "You can do the impossible, because you have been through the unimaginable." As NICU parents, we have been through hell and back. But there WILL be better days. There will be more good days than bad. You are stronger than you know!

NN: What is your favorite NICU Memory?

Kristen: My favorite NICU memory was a picture Brittany took of our family. She had found Kaci a pair of Build-a-Bear glasses that matched mine and my husband's glasses. Kaci is Dave's twin so the second Brittany put the glasses on her I just laughed and laughed. I don't think any of us had laughed that hard as we did that day, and that laughter was so very much needed. It's one of my favorite pictures of the three of us and is still on our fridge to this day.



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

May 25th & June 29th: 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

Little by little,
one travels far.
- J.R.R. Tolkien

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

