



**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

Inaugural Riley NICU Superhero Fun Walk!!

Donning capes and masks, over 300 former NICU families, staff and volunteers gathered on September 9th for Riley's Inaugural NICU Superhero Fun Walk. Part reunion, part fundraiser, Riley NICU families joined with staff and friends to reconnect and celebrate those who walked their NICU journey.

Elesia Hines, Riley NICU psychologist, said the event is an opportunity for families to come together to celebrate their children and find a measure of healing themselves. "It's amazing to see," she said. "It's wonderful for providers and families to see each other outside the hospital and celebrate all of the milestones."



For information on future Riley NICU Superhero Fun Walks, please contact NICU Nest at: nicunest@iu.edu

Q&A with NICU Grad, Prince and Mom, Ma’Karia

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

Ma’Karia: When I first saw my baby I inevitably thought of how small he was being born at 1lb 6 oz.

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

Ma’Karia: My greatest challenge for me being a nicu parent is having my baby out of town being away from home. Luckily I was in a city where my family is but not being able to go to my own home every night was really hard.

NN: What is your favorite NICU memory?

Ma’Karia: The best memory is when my son hit the 100 day mark and so many nurses came to celebrate with him and decorate his door.

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

Ma’Karia: The advice I have for nicu families is to be as present as possible and advocate advocate advocate. The more you’re there the more you’ll be able to know what’s normal or not normal for your child to be able to speak up!



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

November 30th: 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



One day you will tell your story of how you overcame what you went through and it will be someone else’s survival guide.
- Brene Brown

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

