





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

Meet the new NICU Nest Family Support Coordinator, Brandi Brizendine!

Please welcome Brandi Brizendine, the new family support coordinator in the Riley Maternity Tower NICU. Brandi has been a NICU mom twice, as well as a high-risk OB patient, and is looking forward to helping support families in the NICU

Brandi has been in the medical field for over 20 years in inpatient and outpatient care, she has also supported families in labor and delivery and pediatrics. Apart from work, Brandi enjoys spending time with her family and reading all kinds of books.



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 Mom, Katie

NN: What is your favorite NICU memory?

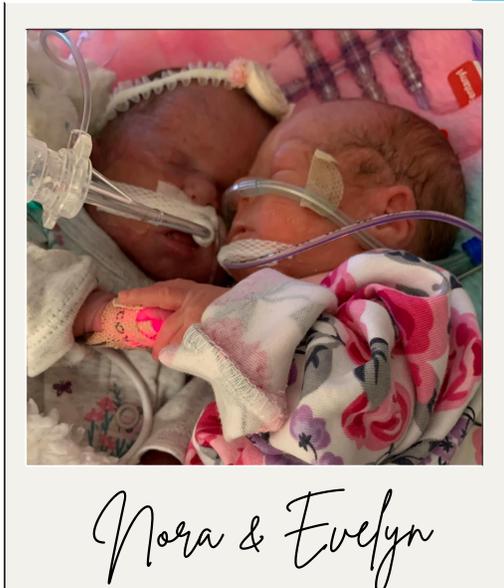
Katie: My favorite NICU memory was getting to hold the girls for the first time! They were a few days old and I had been dying to be able to finally hold them. We woke up and got to the NICU at 5:30 am because I was so excited and couldn't sleep. We thought we were only going to be able to hold Evelyn because Nora was more critical, but we were so surprised to find out that Nora was able to be held too! It was the best feeling in the world!

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

Katie: Evelyn has been home from the NICU for a little over a year now and life is so so sweet and looks a lot more like the life I had imagined for our family. She does still have some medical needs (a Gtube and oxygen at night) but it is part of our normal. Having medical needs has not slowed us down or prevented us from doing anything that we had hoped for our family! I'm actually pregnant again with a little boy and this pregnancy has so far gone so much better. Our team is very hopeful that I will make it full term this time!

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

Katie: I think my biggest advice is to be kind to yourself. Being a NICU parent is so hard physically and emotionally. I wish I would have focused more on my recovery and mental health while she was in the NICU because I didn't get a chance to focus on myself much once she came home. I also found it so helpful to find a couple staff members that you can really trust. Knowing that someone I trusted was taking care of them really helped my anxiety.



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

September 28th & October 26th: 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



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

