



APRIL 2024



**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

### Riley Child Life!

Child Life Specialists are certified professionals with advanced education in child life, child health, child development and/or related fields. Child Life works closely with healthcare providers at Riley at IU Health to serve your child's needs, including psychosocial and emotional support, procedural support, and medical play/preparation.

Child Life can encourage your baby's optimal development in the NICU, along with sibling and family member support.

To request Child Life services, please contact [childliferiley@iuhealth.org](mailto:childliferiley@iuhealth.org).



## 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, Nicholas and Mom, Liz

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

**Liz:** We weren't sure he'd make it. I vividly remember the first two things the doctors said when he was born, even before we saw him: "Wow, he is FEISTY!" and "He's trying to cry!" We already knew our baby was a fighter, but these words brought us so much peace during such a scary time. I was so thankful that I was even able to see him. The NICU team that was in the delivery room brought him over to us for a quick look before they took him away to care for him.



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

**Liz:** Being in the NICU with your baby is not what anybody wants, but it was our path and what we needed for Nicholas. We are so thankful to have the NICU's amazing teams working so hard day in and day out for our Nicholas. Despite the countless obstacles he had thrown at him, Nicholas grew stronger and stronger every day. Even though it was a long and exhausting process, we learned so much about our son and what he is capable of. We know that whatever hurdles he comes across in life, he's prepared for them. Being a NICU baby (and a NICU parent) helped lay the groundwork for how to navigate this scary world in a strong and hopeful way.



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

**Liz:** I'm sorry that you and your sweet baby are in the NICU, but there is no better place that will take care of your family. Have confidence in the team (doctors, nurses, therapists, specialists -- everyone) -- they know what they are doing. Do not be afraid to speak up and ask questions or share your thoughts. It's a group effort and it's important for you as parents to be involved in the care of your child. The entire experience was terrifying and overwhelming, but also hopeful. Do what you can, but give yourself grace and take care of yourselves as well as your baby. Make sure you have a strong support system. You got this!



**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

April 25th & May 30th: NICU Baby Shower! Join NICU Nest in the RMH Family lounge from 12:30pm - 2:00pm for desserts and a gift for every baby




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

**"Take one day at a time. Today, after all, is the tomorrow you worried about yesterday."**

**- Billy Graham**