



FEBRUARY 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.



New and Noteworthy

Ronald McDonald Family Room at the Riley Maternity Tower

The Ronald McDonald Family Room - Maternity Tower is a private place away from the medical space. It's available for all new mothers and family members with a Riley Maternity Tower or Simon Family Tower pass provided at your nurses' station.

Our services include resting spaces, a beauty bar, nap pod and a contact-free massage table. Snacks and drinks are available free of charge. Open Monday-Thursday 2:00pm-8:00pm, Friday-Sunday 8:00am-2:00pm

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, Eleanor and Dad, Craig

NN: What is your favorite NICU memory?

Craig: It is so extremely hard to narrow things down to one specific memory.. Some highlights are definitely all the crafts of footprints that were made for us, being able to give Eleanor her first bath, and getting to dress her in clothes for first time.

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

Craig: I feel as though relationships we developed with Eleanor's care team. They helped guide us through so many challenges, kept us sane, and offered comfort when things didn't go as planned. They took such good care of our baby and our family!

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

Craig: The greatest challenge we faced was adjusting to a new normal of what having a NICU baby would equate too. After 70 days, life changed. We began learning that blood transfusions, bradycardia, and that we would take steps forward only to take one backwards. The steps back could be most difficult to accept after things were going so smoothly.

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

Craig: We are in a new rhythm since leaving the NICU. We have returned to work, Eleanor now attends daycare. Although it has not been smooth as she had her first respiratory illness with a bout of pneumonia and a week back on oxygen. Thrown in with a few ear infections everything and some thickened feeds, we have learned to embrace the moments!



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

February 29th & March 28th: 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

