



JANUARY 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.



## A Note from our Medical Director

Dr. Izlin Lien

We all know that germs spread disease and that handwashing is the best thing we can do to stop germs and prevent infections. But that doesn't mean that we are washing up as often as we should. So we need to be on a mission to get everyone who comes into contact with your baby, including you, to sanitize their hands every time this is needed!



Please follow this QR code to learn more about why handwashing is important and the proper steps to ensure you're keeping your baby as safe as possible while in the NICU.



## 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 Grads, Silas & Samuel, and Mom, Ashley

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

**Ashley:** I remember thinking how tiny our boys looked and how small their cries sounded.

**NN:** What is your favorite NICU memory?

**Ashley:** Getting to take our sweet boys home was definitely our favorite memory but I remember feeling happy the days we would have little wins like weight gain or weaning off oxygen, great lab results, etc.

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

**Ashley:** Finding out we were having twins, we tried to prepare for the NICU but I don't think anything can prepare you for the NICU. The biggest challenge we faced was feeling comfortable holding our boys and worrying about hurting them or setting off alarms.

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

**Ashley:** So much fun! Our boys will turn two in February 2024 and they are constantly on the move and talking all the time. They are such a blessing and bring so much joy to the lives of so many people. We are so thankful for them!

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

**Ashley:** Patience is hard but try to give things time. It's okay to be mad, upset, frustrated, whatever you feel is valid. Lean on those around you for support and make use of the resources around you.



### Upcoming NICU Nest Events

Every Thursday: Free Pizza! Join us each Thursday in the RMH NICU Family Room for a pizza lunch from 12:30pm - 2:00pm

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



EVERY  
CHILD IS A  
different KIND OF flower,  
AND ALL TOGETHER,  
MAKE THIS WORLD  
A Beautiful  
GARDEN.



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

It's hard to beat a person who never gives up. -Babe Ruth