



MARCH 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

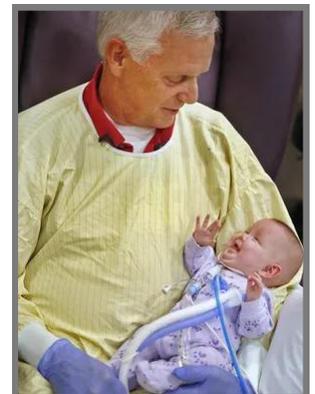
Riley NICU Cuddlers

Being a NICU parent is difficult, and there are times we can't always be at bedside with our baby. Work obligations, other children to care for, and long travel distances are a few things that prevent parents being at bedside as much as they would like to be.

Riley Cuddlers are specially screened and trained volunteers available for our NICU families to hold and rock your baby during times you cannot be here.

Research has shown that the care which Cuddlers give to babies helps lead to shorter hospital stays, quicker weight gain, and improvement in development. Cuddling also helps babies to feel safe and secure.

To learn more about Riley NICU Cuddlers, and to see if your baby could benefit from a NICU Cuddler, please talk to your nurse or care team whom will provide a form for your child's referral to the program.



Riley NICU Cuddler, Paul, and baby

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.



Q&A with NICU Grad, Caiden and Mom, Shakiyla

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

Shakiyla: The first thoughts when I saw my baby was just whirlwind of emotions scared, happy, worried, excited.

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

Shakiyla: For sure meeting other NICU parents, also being a part of his cares was very important to me.

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

Shakiyla: The greatest challenge for me was making sure I was doing everything that was right for my baby. Advocating, and being heard, also even understanding what was even going on being that this was my first baby. Also seeing him so sick was very hard for me too.

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

Shakiyla: We still have some feeding issues but he is a happy 7 year old boy in the 1st grade. He's doing Tae Kwon Do which he loves, playing baseball (he doesn't like that so much) He loves music and recently got a guitar for Christmas, and loves to sing.

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

Shakiyla: Never lose hope there is light at the end of the tunnel. TAKE BREAKS. You will drive yourself stir crazy in the room. Talk to your baby while they are on the ventilator or just needing to grow a little bit, it truly makes a difference.



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

March 28th & April 25th: 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

YOU ARE
SO WORTHY OF
A BEAUTIFUL
LIFE.



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

