



Ronald
McDonald
Family Room®

**A PRIVATE PLACE AWAY
FROM THE MEDICAL SPACE**



BE OUR GUEST

SCAN FOR HOURS, LOCATIONS
& PRE-REGISTER TO VISIT

NOTE: Due to hospital guidelines, the Ronald McDonald
Family Rooms may not be visited by patients.



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

Music Therapy in the NICU!

The NICU music therapists at Riley Hospital are specially trained to provide unique care to NICU patients and their families. Riley music therapists can give parents ideas of how they can use music to help their baby. Live music therapy interventions like singing can comfort distressed babies and help them reach developmental milestones. Many families enjoy singing with a music therapist or even writing a new song for their baby as a way to cope with stress and bond with their child in the hospital. Contact RileyMusicTherapy@IUHealth.org with questions or to request a visit for a family in the NICU.



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 Kaci Ella and Mom, Kristen

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

Kristen: My first thoughts when I saw Kaci are a blur. I remember being so overwhelmed with how large the NICU was compared to the NICU at our local hospital. I remember thinking how she was in great hands at this state of the art facility. When her nurse began talking about her medical treatment I felt like I was listening to a foreign language. When I held her it was like holding air. I think I stared at her for 5 minutes straight; just in total awe. It took a couple more visits to finally click, "This is our miracle daughter!".

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

Kristen: There were many challenges being a NICU parent, but the greatest was when we would get to the end of a "5 day event free" countdown thinking that we were close to being discharged and on day 3 or 4 out of 5 she would have an event (where her heartrate would drop) which put us back to square one. There were many times that we "knew" in our hearts she would be going home, and then experiencing the heartbreak we felt when her stay continued. The rollercoaster of getting our hopes up and down was exhausting.

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

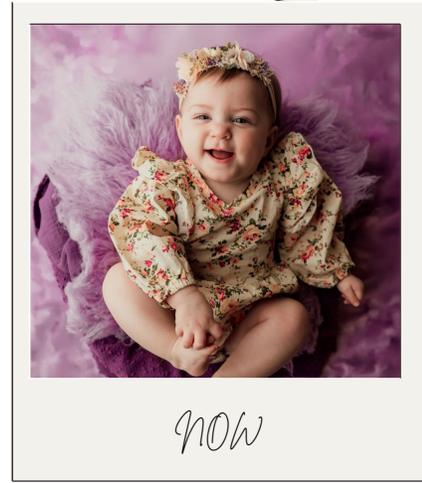
Kristen: The most meaningful part of being a NICU parent was witnessing my own strength first-hand. NICU parents are the strongest people I have ever met, and looking back on everything we've gone through; it's mind-blowing.

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

Kristen: In the kitchen area of the NICU waiting room were inspirational quotes for the parents to take. On a particularly rough day, one quote jumped out at me. It said, "You can do the impossible, because you have been through the unimaginable." As NICU parents, we have been through hell and back. But there WILL be better days. There will be more good days than bad. You are stronger than you know!

NN: What is your favorite NICU Memory?

Kristen: My favorite NICU memory was a picture Brittany took of our family. She had found Kaci a pair of Build-a-Bear glasses that matched mine and my husband's glasses. Kaci is Dave's twin so the second Brittany put the glasses on her I just laughed and laughed. I don't think any of us had laughed that hard as we did that day, and that laughter was so very much needed. It's one of my favorite pictures of the three of us and is still on our fridge to this day.



Upcoming NICU Nest Events

Every Monday: Free Pizza! Join us each Monday in the NICU Family Lounge for a pizza lunch from 12:00pm - 1:30pm

May 3rd & June 7th: NICU Baby Shower! Join NICU Nest in the NICU Family lounge from 1:00pm - 2:00pm for for desserts and a gift for every baby

Little by little,
one travels far.
- J.R.R. Tolkien

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

