



The NICU/IICN Parent Hour
 Navigating the Neonatal Intensive Care Unit (NICU) &
 Intermediate Intensive Care Nursery (IICN)

An Overview

- 🕒 Understanding a teaching hospital
- 🕒 Who are the Health Care Providers (HCPs) on your baby's medical team
- 🕒 How your family works and what you need
- 🕒 Building Blocks Tool
- 🕒 Ways to communicate with HCPs
- 🕒 What works well for you and what doesn't
- 🕒 How to address questions/concerns as they arise

Learning About Your Baby's Care:

- ◆ Identify how you work best with HCPs & what you need
- ◆ Observe & ask questions
- ◆ Keep notes/journal
- ◆ Take photos to track your baby's growth & changes in his/her condition
- ◆ Identify people in the system who you work well with
- ◆ Go to the Family Resource Center library or visit the computer station (3rd floor) to learn more about your baby's condition

Coping with Your Baby's Hospitalization

- ☀️ Create an online care page to get messages to friends/family or have a family spokesperson to get the word out, as you feel comfortable
- ☀️ Talk to someone about what you're going through
- ☀️ Be compassionate & understanding of yourself & your partner
- ☀️ Take a nap in the Parent Lounge (2nd floor) or Serenity Lounge (3rd floor)
- ☀️ Stretch or exercise at Stanford Gym (talk to your social worker about a pass)
- ☀️ Bring activities (books, puzzles, knitting, table games, music player, etc...)
- ☀️ Come to Parent Hour/talk to Parent Mentor to share experiences & learn from other parents
- ☀️ Take walks on the roof garden (ask hospital info desk for access code)
- ☀️ Take siblings to Forever Young Zone
- ☀️ Visit the interfaith chapel (2nd floor)–open 24/7
- ☀️ Research or ask about community resources/support groups/therapists for additional support
- ☀️ Purchase a Chair Massage at Stanford (\$15/15 min., Stanford E3; Waiting area 3rd floor Stanford; Stanford Guest Services (650)498-3333

