



Coping with having a baby in the NICU during the COVID 19 Pandemic

Dear parents,

Having your baby admitted to NICU may already be stressful, and it is not infrequent that parents experience anxiety and depression symptoms under ordinary conditions.

Due to COVID 19, local and hospital regulations may interfere with your ability to spend as much time as you want with your baby, generating additional stress.

Please keep in mind that current regulations are temporary and have been developed to keep your baby as safe as possible.

You are encouraged to talk to the social worker, your nurse, or the doctors if you feel you need more support. You can also find additional resources online to help you cope during your baby's NICU stay.

The following may be especially helpful:

<http://support4nicuparents.org/for-parents>

http://nationalperinatal.org/mental_health#NICU<https://www.postpartum.net/>

<https://med.emory.edu/departments/pediatrics/divisions/neonatology/dpc/index.html>

