

Dear NICU Parent(s),

Congratulations! Not everyone is chosen to witness a miracle.

Your baby is a miracle that will need special love and attention to grow and develop during this delicate time in the NICU. I know this can be a very emotional journey for you, but trust in the love, affection, and special attention that will be given by the medical team caring for your sweet little one. Most importantly your baby needs YOU – to hear your voice and feel your presence, both physically and spiritually. Give them a cute nickname and greet them with it every time you enter their space. Tell them how much you love them and how happy you are to see them. Watch their body language and soon you will notice how they move when they hear your voice. Yes, they absolutely know it is YOU and they do feel your presence (even if they are asleep)! Ask to hold your baby, skin to skin. There are no words that can explain the comfort this will bring to both you and your baby. You both need that special bonding time together. Your sweet little baby needs to hear your familiar heartbeat; it will soothe them in a way nothing else can. Create special moments and memories through pictures; it will be amazing to look back and see the miraculous growth and the milestones they have reached.

Every day is a day closer to when your baby is ready to come home. Remember your baby will let everyone know when he or she is ready. The nurses and physicians in the NICU encourage you to ask questions and be a part of the care team. Your baby quietly runs the show and develops at their own special pace. It will seem like an eternity, but it is ok to feel your emotions. Please reach out and talk to someone about all the different emotions you may feel; you must also take care of yourself and insure your well-being during this time. Self-care will allow you to bring a smile and positive energy with every visit.

Your baby is special and deserves to know how excited you are to see them, how happy you are they are here, and how in love you are with them. Your baby is doing everything they can to be here with you. Feel their love, give it back, and cherish every moment. This will be an experience you will NEVER forget, and one that will change your life forever. You have been chosen to witness a miracle.

Alicia Britt

NICU Mother