



مؤسسة حمد الطبية
Hamad Medical Corporation

HEALTH • EDUCATION • RESEARCH صحة • تعليم • بحوث

Helping You Grasp

A Parent's Journey in the NICU





♥ Introduction

1

This journal was created for you, the parents of a precious Neonatal Intensive Care Unit (NICU) baby. Every baby and every family has their own unique journey in the NICU. This book was developed to provide information and help you cope with all of the ups and downs of that journey.

Taking care of yourself is the first step in taking care of your baby.

The NICU staff is ready to assist you and your family during your time in the NICU. You may visit your baby any hour of the day or night. You will be able to record important phone numbers, information about your baby's progress, milestones, and your daily thoughts and feelings in this journal.

At the moment, you may be feeling very overwhelmed so it helps to talk to the medical staff and ask questions about your baby's care. Also, it is important to provide us with phone numbers where you or other family members can be reached at all times, in the event that our nurses or doctors need to contact you.

It's always good to share your thoughts with other parents who may be feeling the same way. The NICU offers a HUG Day every Thursday for our NICU mothers to meet each other, learn new information and give yourself some downtime from your daily routine. You are an important part of your baby's journey, take this process one step at a time and give yourself a hug.





Your Baby's Birth

2

"Your precious journey has just begun!" ~Alvaretta Roberts

Your name: _____

Why did I choose this name for you? _____

The date I checked into the hospital was: _____

You were born on: _____

at: _____ a.m./p.m.

Your eye color is: _____ Your hair color is: _____

You were born at: _____

I was feeling: _____

The story of your birth is: _____



Your Baby's Birth

3



My first thoughts and impressions of you were: _____

You made me feel: _____

The doctor said: _____



Our Special Moments

"There is no greater bond than the love of a mother and her child!" ~Alvaretta Roberts

The first time

I saw you up close: _____

I held you in my arms: _____

You breathed on you own: _____

You wrapped your finger around mine: _____

You opened your eyes: _____

You began to suck: _____

We did skin to skin (kangaroo) care: _____

I heard you cry: _____

I held you and fed you: _____

I gave you a bath: _____

I sang and talked to you: _____

You moved to an open crib: _____

Daddy held you: _____

Other special moments you shared with your newborn during their stay in the NICU: _____



Important Numbers

Important NICU Contact Numbers

ICU: _____

Extension: _____

Intercare: _____

Doctor: _____

Nurse: _____

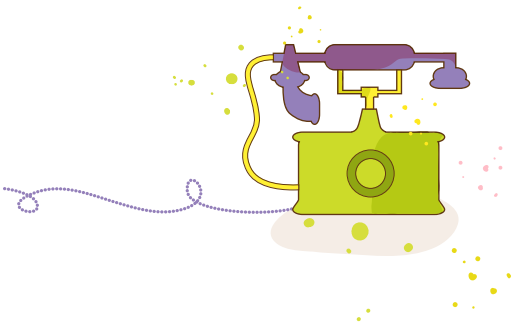
Social Worker: _____

Case Manager: _____

Physiotherapist: _____

Occupational Therapist: _____

Other Important Numbers: _____





My Support Team

6

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____

Name: _____

Phone: _____

Email: _____



Feelings

7

Can you express how you are feeling, by circling your physical and emotional feelings below?

Physical Feelings	Emotional Feelings
Fatigue	Anger
Headache	Denial
Shortness of breath	Sadness/Depression
Sleeplessness	Anxiety
Back pain	Helplessness
Weight change	Loneliness
Dizziness	Irritability
Palpitations	Abandonment
Crying, sighing	Forgetfulness
Nausea	Guilt/Self Blame

These are all normal feelings of NICU parents. However, if you are crying all day and feeling depressed, you should seek the assistance of a healthcare worker. We are here to support you.



Helpful Coping Mechanisms

8

Build a support team:

Reach out to your friends and families for support. Build a support network with other mothers in the NICU.

Keep a diary:

Writing your feelings and thoughts helps release anxiety and emotion. It also helps you to organize your thoughts.

Express your feelings:

Keeping emotions inside may make you very anxious and emotional. It is best to confide in a friend or family member about how you are feeling so that you can release your emotions.

Take time for yourself:

Put aside special time for yourself. It can be as simple as reading a book for half an hour or going to the salon. You will feel rejuvenated and healthier.

Exercise and eat healthy:

Exercise reduces stress and anxiety. Combine this with eating a balanced diet.

Think positively:

It is important to reflect and focus on the positive aspects of the situation.

Set realistic goals:

Setting realistic goals will help you or your baby reach those goals without feeling pressured. It's a healthy way to move forward positively, one baby step at a time.



My Page

9

Date: _____

Today I feel: _____

Today I was encouraged by: _____

Today I need help with: _____

I am thankful for: _____

My goals of the day are: _____

What will I do for myself today? _____

What healthy food and drinks did I eat or plan to eat today? _____



My Baby's Page

10

Date: _____

Today my baby is: _____

Meaningful events which occurred or changed in my baby's care: _____

The doctor or nurse said : _____

These are the questions I have for my baby's care providers: _____

Here is some information I have received in response to the above questions: _____



My Page

11

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16

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My Page

17

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I am thankful for: _____

My goals of the day are: _____

What healthy food and drinks did I eat or plan to eat today? _____



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My Baby's Page

26

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The doctor or nurse said : _____

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My Page

27

Date: _____

Today I feel: _____

Today I was encouraged by: _____

Today I need help with: _____

I am thankful for: _____

My goals of the day are: _____

What will I do for myself today? _____

What healthy food and drinks did I eat or plan to eat today? _____

Today my baby is: _____

Meaningful events which occurred or changed in my baby's care: _____

The doctor or nurse said : _____

These are the questions I have for my baby's care providers: _____

Here is some information I have received in response to the above questions: _____



What do you need?

Today my baby is: _____



What do you need?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.



♥ Outpatient Clinic Visit

32

Date: _____

Time: _____

Doctor: _____

Location: _____

Notes: _____

Date: _____

Time: _____

Doctor: _____

Location: _____

Notes: _____

Date: _____

Time: _____

Doctor: _____

Location: _____

Notes: _____





