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free support
free resources
NICU parents



HOW MEDICAL PROFESSIONALS CAN HELP NICU MUMS

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AS NICU MUMS, WE FIND IT HELPFUL WHEN MEDICAL PROFESSIONALS...

- 01 ...build our confidence
- 02 ...let us take part in leading
- 03 ...ensure consistency between staff (e.g. when you can hold your baby and when it is best to leave them to rest)
- 04 ...express empathy and understanding
- 05 ...explain things to us clearly in words we understand
- 06 ...think about a Mother's comfort after a difficult birth
- 07 ...treat our babies as if they were your own
- 08 ...listen when we advocate for our baby
- 09 ...involve us in decision making
- 10 ...give us a handover
- 11 ...take our concerns seriously
- 12 ...ask us how we are and listen to the response
- 13 ...understand that the NICU journey can have a long term impact on us
- 14 ...use appropriate language
- 15 ...make us feel like a Mum