A sanctuary for parents just outside the NICU

An update on your support for our most vulnerable patients and their family.

Many families over the years were starting to show the wear and tear of worried parents pacing and debating care options. The tile in the en suite bathrooms was difficult to clean, and the mattresses—the whole point of the sleep rooms—were uncomfortable. “A bed that’s been used a thousand times before is not going to provide the rest these parents need,” says Julie Idler, RN, a clinical supervisor in the NICU.

Thanks to your generous gift, parents going through one of the most challenging times of their life will have a sanctuary, a home base.
where they can catch up on sleep within steps of their little one. Brand new mattresses will help them get the rejuvenating rest they need. New waterproof, wood-patterned floors, a fresh coat of paint and upgraded furniture complete the restful space. And the renovated bathroom finish has no grout. “The bathrooms will be easier to clean, and also beautiful and light,” says Julie.

While our patient policy due to COVID-19 will limit how often the sleep rooms can be used, parents will likely have access to them this summer or fall. “These rooms act like an emotional support for families,” says neonatal specialist Andrew Beckstrom, M.D. “It’s a safe space for parents to be parents while their child stays in the NICU.”

And because of your generosity, parents can do that in a relaxing, restorative place close to their little one who needs them. Thank you for ensuring that families going through a NICU stay are cared for emotionally and medically.

Promoting health through cuddles

Kangaroo care, in which a parent holds their baby skin-to-skin, has long been known to improve infant breathing, decrease crying and promote sleep. And a recent study with preterm babies has shown that an hour of kangaroo care can help improve blood flow to the brain, as well as heart function. Thanks to you, babies in our NICU can now enjoy health-promoting cuddles with their parents in specialized kangaroo chairs.

Kangaroo chairs are taller than regular recliners so that moms recovering from a C-section can sit down easier. They also have specially designed levers so that reclining and raising the footrest in the chair is slow and measured, with no unexpected movements. You’ve ensured that parents can safely snuggle with their little ones in comfort and nurture their growing bond.

1. Journal of Pediatrics, 2020

Thank you for investing in the health and well-being of our community.

To learn more about your investment in care and support for sick and preterm babies and their family, please contact:

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