

NICU Family Resources

Websites and books

This handout provides a list of helpful online and written resources for families with infants in the Neonatal Intensive Care Unit (NICU).

Websites

Grahamsfoundation.org

Offers resources and programs to support, empower, and bring hope to parents throughout their journey.

Handtohold.org

Hand to Hold carefully matches seasoned parents of preemies (Helping Hands) with parents in need of support.

Micropreemies.com

A website to support parents of very early premature babies.

Papasofpreemies.com

A forum to learn more about life in and after the NICU, from a dad's perspective.

Preemiehelp.com

A community hub and expert resource for families and friends.

Preemieparentalliance.

wildapricot.org

Preemie Parent Alliance represents organizations that provide support to parents of preemies.

Preemieparenting.com

This site is devoted to supplying information, support, and resources.

Preemievoices.com

Activities, news, current affairs, legal issues, links, and resources within the prematurity community.

Preemieworld.com

Created to help bridge the gap between parent and professionals in the NICU, at home, and beyond.



Talk with your healthcare provider if you have any questions or concerns about your newborn's care.



The resources listed in this handout provide support and information to assist you in caring for your premature infant.

Prematurity.org

This parent-run website features many articles on prematurity and preemie care.

Shareyourstory.org

An online community for NICU families.

Books

Empowered Preemie Moms: From NICU, to Newborn, and Beyond

By Shaana Berman, EdD

Features stories from real preemie moms and survival tips based on their stories.

For Those Who Hold the Littlest Hands

Free e-book – to download, visit

www.nicuparentsupport.org/free_nicu_ebook.html

A comprehensive resource for NICU parents from the NICU parent support site.

Fragile Beginnings: Discoveries and Triumph in the Newborn ICU

By Adam Wolfberg, MD

This book explores the deep questions raised by fragile beginnings. Wolfberg is a specialist in high-risk obstetrics and the father of a child born prematurely.

Miracle Birth Stories of Very Premature Babies: Little Thumbs Up

By Timothy Smith

Heartwarming and inspiring, yet realistic stories. Themes include coping with not having the ideal birth experience, hearing insensitive remarks from others, going home without your newborn, and talking with healthcare providers.

Newborn Intensive Care: What Every Parent Needs to Know

By American Academy of Pediatrics and Jeanette Zaichkin, RN, MN, NNP-BC

An essential reference for any parent with a sick or premature infant.

Parenting Your Premature Baby and Child: The Emotional Journey

By Deborah L. Davis and Mara Tesler Stein

This comprehensive guide provides compassionate support, practical suggestions for coping and adjusting, and advice that empowers parents to handle the many emotions that arise when a child is born prematurely.

Preemie Parents

By Tami Gaines, with forward by Gaines M. Mimms

Addresses the emotional aspect of being a preemie parent and delivers a positive message of hope and action. Both of the author's children were preemies – she gave birth to twins after only 25 weeks.

The Preemie Parents' Companion: The Essential Guide to Caring for Your Premature Baby in the Hospital, at Home, and Through the First Years

By Susan L. Madden, M.S.

Written by a mother of 3 children, one of whom was premature. This book helps parents through the entire journey of having a premature child, starting in the hospital and during the first years at home.

Preemies - 2nd Edition: The Essential Guide for Parents of Premature Babies

By Dana Wechsler Linden, Emma Trenti Paroli, and Mia Wechsler Doron

This comprehensive, reassuring, and realistic book reflects the many advances in neonatology.

These authors have also written an app for iPhones and iPads called “My Preemie.” It contains equipment definitions and detailed information about common problems. You can also use the app as a diary and growth chart to record your NICU experience.

The Premature Baby Book: A Parent's Guide to Coping and Caring in the First Years

By Helen Harrison and Ann Kositsky

This book is the result of 7 years of research into medical literature and of interviews with neonatologists, intensive care nurses, social workers, therapists and hundreds of parents of preemies.

Your Premature Baby: Everything You Need to Know About Childbirth, Treatment, and Parenting

By Frank P. Manginello

The definitive guide to caring for your premature infant.

The Preemie Primer: A Complete Guide for Parents of Premature Babies – From Birth Through the Toddler Years and Beyond (2010)

By Jennifer Gunter

Having a premature baby can be a crash course in both medicine and health economics, not just in parenting.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Neonatal Intensive Care Unit:
206.598.4606