

NICU Family Resources

Websites, books, and apps



This handout includes a list of resources that may be helpful for families with babies in the NICU. These resources are listed here for families to explore and are not endorsed by the UWMC NICU.



Scan with your phone camera for a digital copy of this handout.

Facebook

- **University of Washington NICU Alumni Group**
This private, parent-run group celebrates the babies who have stayed or are currently in the UWMC NICU.

Websites

- **Graham's Foundation**
Offers resources and programs to support, empower, and bring hope to parents throughout their journey.
www.grahamsfoundation.org
- **Hand to Hold**
Hand to Hold carefully matches seasoned parents of preemies with parents who need support.
handtohold.org
- **Healthy Children/The AAP Parenting Website**
American Academy of Pediatrics (AAP). Information and support around all stages of parenthood and childhood, including premie information.
www.healthychildren.org
- **March of Dimes**
Information and support for many maternal and baby health issues, including preemies.
www.marchofdimes.org
- **MicroPreemies**
Offers support to parents of very early premature babies.
micropreemies.com
- **Parent Trust for WA Children**
Parent Trust for Washington Children offers parenting classes, allows you to speak with a Parent Coach, and has resources that are searchable by county.
www.parenttrust.org



Explore the internet to find the right resources for you and your family.

- **Pathways**
Provides free, trusted resources so that every parent can support their baby’s development.
pathways.org
- **PEPS**
A source of peer-to-peer support, connection, and community for parents in the Puget Sound region.
www.peps.org
- **Perinatal Support Washington**
Supporting families in Washington impacted by Perinatal Mood and Anxiety Disorders.
www.perinatalsupport.org
- **Preemie Help**
A community hub and expert resource for families and friends. There are guides about preemies available to purchase.
www.preemiehelp.com
- **Preemie World**
Created to bridge the gap between parents and professionals in the NICU, at home, and beyond.
Preemieworld.org
- **Prematurity**
This parent-run website features many articles on prematurity and preemie care.
prematurity.org
- **Safe Kids Worldwide**
Working toward a world in which every child is protected from unintentional injuries.
Safekids.org
- **Seattle Families of Multiples**
A club for families of twins, triplets and more in the Greater Seattle area.
seattlemultiples.org
- **Seattle Parents of Preemies**
A peer-led support group.
seattlepreemies.com
- **Share Your Story**
An online community for NICU families. Run by the March of Dimes.
shareyourstory.org

Safe Sleep Websites

- **First Candle**
Committed to ending Sudden Infant Death Syndrome (SIDS)
firstcandle.org
- **Charlie’s Kids**
Gives parents, caregivers and safe sleep partners life-saving tools.
charlieskids.org

Books

We suggest searching on the internet for “NICU parent books” and “NICU parent journals”. There are many resources available, and it is important to pick ones that are right for you.

Apps

- **Calm: The App for Meditation**

A popular app that helps you reduce stress, anxiety, and difficulty sleeping with guided meditations, soundscapes, and stories.

- **Hand to Hold**

Hand to Hold carefully matches seasoned parents of preemies with parents in need of support.

- **Insight Timer**

Meditation for sleep, anxiety, and stress.

- **My NICU Baby App/March of Dimes**

Tools to help you move in a healthy direction and maintain that course after your baby is born.

- **MyPremie App/Graham's Foundation**

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

- **Pathways.org/ Baby Milestones**

Provides free, trusted resources so that every parent can support their baby's development. Available in 9 languages.

- **Insight Timer**

Meditation for sleep, anxiety, and stress



Apps can help you stay informed and connected to your community from wherever you are.

Car Seats

- **Safe Kids Worldwide**

Car Seat Safety information

[safekids.org](https://www.safekids.org)

- **The Safety Restraint Coalition/Buckleup**

This website gives useful car seat advice about: how to choose one based on the child's age, weight, and state laws; safety guidelines, and popular products reviews.

<http://www.800buckleup.org>

- **National Highway Traffic Safety Administration**

Learn if your car seat has been recalled for safety reasons.

[NHTSA.gov](https://www.nhtsa.gov) (click on "car seat")

Questions?

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

Neonatal Intensive Care Unit:
206.598.4606