

NICU Family Advisory Council

nicu Family News



The NICU Family News is produced by the Cooperman Barnabas Medical Center (Neonatal Intensive Care Unit (NICU) Family Advisory Council. It is designed provide you with information we hope you will find useful during and after your family's NICU stay.

DID YOU KNOW...

In the NICU Family Library (across the hall from the Family Lounge), you can find some special things for NICU families. There are resource books about NICU babies and prematurity along with complimentary baby hats and scent cloths for your baby. If the boxes are empty or you need a different size, just ask your baby's nurse to try to help find what you need. Also check out the special NICU baby milestone cards for you to choose from when you visit the library!

**Cooperman Barnabas
Medical Center**

**RWJBarnabas
HEALTH**

“Kangaroo Care” In the NICU

Kangaroo care, also called skin-to-skin care, is a special way for parents to hold their baby against their bare chest. Doing skin-to-skin care has been found to offer important benefits for both parents and babies and is one of the most comforting things a parent can do for their child. No high tech NICU equipment can substitute for holding your baby in this special way once they are able.

Talk to the nurse at your baby's bedside to find out when your baby is able to do skin-to-skin with you. For babies born less than 32 weeks gestation, you will usually have to wait until at least three days after they are born to perform skin-to-skin care and this also can be the case with other medical situations.

If you are interested in doing kangaroo care, you should ask your nurse since they will often have to help you, especially if your baby requires breathing equipment.

Take a look at the information below and talk to your baby's nurse today about doing skin-to-skin care with your baby/babies today.

Did You Know That...

- touching or holding a baby skin-to-skin (Kangaroo Care) is one of the most comforting things parents can do for their child and no equipment can replace it?
- Kangaroo Care helps babies have a more stable heartbeat and breathing pattern?
- babies who are kangarooed have longer times of deep sleep? This is good because babies grow during periods of deep sleep.

Let's Get to Know: Anita Persaud, RN, NICU Staff Nurse

How long have you been working at Cooperman Barnabas Medical Center (CBMC) and in the NICU?

I have been working in the NICU at CBMC since March 2019. Prior to that, I worked as a NICU travel nurse for about 5 years.

Where did you do your nursing education and training?

I received my Bachelor of Science in Nursing from the University of South Florida in Tampa, FL.

Please describe what your role/responsibilities are in the NICU?

My role as an RN in the NICU is working with infants in critical care, along with supporting and providing information to parents and families.

How did you know you wanted to be a NICU nurse?

I was born prematurely, weighing 1½ pounds at birth. I am very grateful to the NICU staff for all the care they provided, which saved my life. This experience made me want to become a NICU nurse, where I felt like I could contribute and try to give back what was given to me.

What do you like the most about working in the NICU?

Working in the NICU gives me the chance to improve and save lives of infants and comfort their families. I find being able to make a positive difference in the life of others to be very rewarding and beneficial.

What does Family Centered Care mean to you?

To me, Family Centered Care means a way to support and include families in the care of their infants. It is a collaboration between families and the healthcare team.

Do you have any suggestions or advice for NICU families in general and/or about being involved in their babies care?

My advice to NICU families would be to try to take one day at a time, take care of yourself, ask questions and participate in your infant's care as much as you can while in the NICU. Allow yourself to experience all of the emotions. Our NICU team is always here to inform you and support you through this journey.



Is there anything else you would like to say about your job or the NICU?

I feel very fortunate to be a part of the NICU team here at CBMC. This experience has allowed me to learn and grow professionally. Also, I feel like I can understand how NICU parents feel because my daughter was born prematurely at 29 weeks and had to stay in the NICU for 2 months.

The 23rd Annual Miracle Walk It will be here before we know it! October 8, 2023 | Verona Park

We are planning another great day of celebrating the miracle babies, families and staff — all to benefit the Cooperman Barnabas Medical Center NICU. There will be balloon artists, face painters, costumed characters and a DJ. To register for the family friendly walk, make a donation and find lots more information about the event, visit: miraclegwalk.com or facebook.com/miraclegwalk.



Important Phone Numbers

NICU
973-322-5300

NICU Clinical Director
973-322-8938

NICU Social Worker
973-322-5503

NICU Case Managers
973-322-5909/973-322-2678

Birth Certificate Office
973-322-5327

Lactation Consultants
973-322-9088

NICU High Risk Infant
Follow-Up Program
973-322-2631

“Kangaroo Care” In the NICU (con’t from page 1)

- Kangaroo Care has been shown to decrease the amount of time a baby spends crying?
- dads can kangaroo too?
- kangaroo care may help your baby control their temperature?
- kangaroo care may help your baby gain weight faster?
- kangaroo care may help your baby do better with breastfeeding?
- kangaroo care may help you make more breast milk?
- kangaroo care may help reduce the pain your baby feels during procedures?
kangaroo care helps you bond with your baby?

Want to Help the Family Advisory Council?

The FAC is made up of graduate parents dedicated to helping new NICU parents. We meet monthly to discuss ways to do this. We’re always looking for recent graduate parents to share their experiences and ideas to make our NICU the best it can be. We welcome your ideas and participation. Contact:

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973-322-9486

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