

## Family Advisory Council

Many of the resources listed in this guide were developed, or are supported, by the NICU Family Advisory Council (FAC). The FAC is made up of about 80 graduate NICU parents who volunteer their time to make the experiences of current NICU families a little easier. They are all grateful for the care their babies received in the CBMC NICU. The FAC is led by the Coordinator, who is a part-time staff person, who also had a baby in the NICU.

### To get involved with the NICU Family Advisory Council, contact:

**Stephanie D'Andrea**

NICU Family Advisory Council Coordinator

NICU Buddy Program Coordinator

stephanie.dandrea@rwjbh.org | 973-322-9486

## Helpful NICU Phone Numbers

NICU | 973-322-5300

Birth Certificate Office | 973-322-5327

Case Managers | 973-322-5909/2678

High Risk Infant Follow Up | 973-322-2631

Lactation Consultants | 973-322-9088

Lactation Warmline | 973-322-5684

Nurse Manager | 973-322-8938

Social Worker | 973-322-5503

Women's Health Education Office | 973-322-5360



# Shyan Sun, MD NICU Family Resources

This guide is to help you learn about the many resources available to provide you with more information and support during your baby's NICU stay. We hope this helps prepare you to take an active role in your baby's care.

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[rwjbh.org/cbmcnicu](http://rwjbh.org/cbmcnicu)

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## In addition to the resources listed below, additional information is available on our website.

Scan the QR Code or visit [rwjbh.org/cbmcnicu](http://rwjbh.org/cbmcnicu) and look under menu for NICU Family Education & Information. Items includes: Welcome Letter/Guide to Spending Time in the NICU, Small Baby Guide, NICU Fact Sheets, NICU Family Newsletters and more. Be sure to check it out!

- **WiFi** is available in the NICU and throughout the hospital. The network is BHGUEST, security should be set to WPA2 and the password is bhwifi!!
- **The NICU Digital Signs**, located in the Family Lounge and near the handwashing station, share useful tips for NICU families and upcoming classes and programs available to NICU parents/families.
- **The NICU Parent Buddy Program** pairs current NICU families with trained NICU graduate parents who can offer informational and educational support. Fill out a yellow Buddy form from the library and give it to your baby's nurse to be matched with a parent who will reach out to you to talk, text or e-mail.
- **NICU Graduate Parent Advisors** are trained NICU Buddies (see above) who have attended an additional training so they can offer support in the NICU at the bedside and in NICU common areas.
- **The Rosanne H. Silbermann Foundation Family Lounge and Sibling Play Area** is a family-friendly area with a kitchen, tables and chairs, television, and snacks and beverages along with space for siblings to spend time. NICU 101 meetings and monthly family pizza nights are also held in the Family Lounge.
- **The NICU Family Library**, available to families 24/7, is located diagonally across the hall from the Family Lounge. For families' convenience it offers computers, charging stations, a television, and a phone. It houses the NICU Family Newsletters, sibling materials and books and pamphlets on multiples, prematurity and other NICU conditions. Free scent cloths, milestone cards and baby hats can also be found here.
- **The NICU Baby Buddies** are trained hospital volunteers who may help provide extra support or hold your baby when you (and your designated support people) are not able to be here. More info about this is available in your welcome bag and throughout the NICU.
- **The quarterly NICU Family News**, written by our NICU graduate families for current NICU families, can be found in the Family Library or Family Lounge. Back issues can be also be found in binders in these areas and online at [rwjbh.org/cbmcnicu](http://rwjbh.org/cbmcnicu).
- **The Sibling Activity Book** is a coloring/activity book which can also help your other children better understand what the NICU is and why their baby brother/sister is here. Let the NICU social workers know if you'd like one.
- **NICU Family Pizza Night** is held monthly on a Sunday evening from 6:00 to 7:30 pm. It is a chance for current NICU families to join several trained graduate NICU parents in the Family Lounge for an informal night of pizza and conversation. All family members are welcome (following current NICU visitation guidelines).
- **The NICU Discharge class**, held on the unit several times each week, can be taken any time during baby's hospital stay once they are at least 32 weeks gestation. The class schedule is posted on the NICU Digital Signs and in the Family Lounge. No sign up is needed. If you aren't able to come to class, ask your baby's nurse to see the Discharge Class flip cards in your pod. It's another way to get the same great information.
- **The NICU Infant CPR class** is given on the unit 2 to 3 times a month. As space can be limited, please sign up by calling 973-322-2916.
- **Valet Parking** is available in the main lot of the hospital for no extra charge (weekdays from 6:00 am to 9:00 pm and 7:00 am to 5:00 pm on weekends). After 21 days in the NICU, you will receive a letter at baby's bedside giving you free parking for the remainder of baby's hospital stay.