

For questions, feedback, or to get involved with the NICU Family Advisory Council, please contact:

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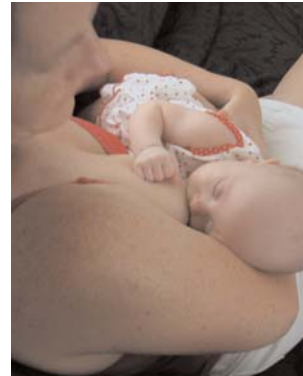
Helpful NICU Phone Numbers

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

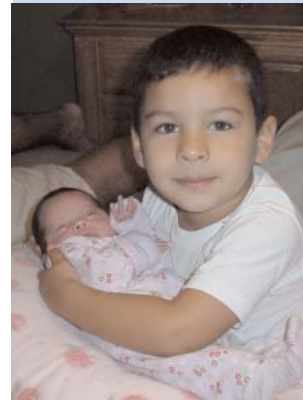
Calling all NICU Families
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Family Resources



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.



Many of the resources 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 SBMC NICU. The FAC is led by the Parent Coordinator, who is a part-time staff person, who also had a baby in the NICU.

Saint Barnabas Medical Center | **RWJBarnabas HEALTH**

94 Old Short Hills Road, Livingston, NJ 07039
973-322-5000 | rwjbh.org/sbmcnicu

 facebook.com/sbmcnicu

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** allows current NICU families to sign up to have a trained NICU graduate parent contact them and offer informational and educational support. Fill out a yellow Buddy form from the library and give it to your baby's nurse. You will then 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, flat screen television, and snacks and beverages. Space is available for siblings to spend time here. Most informational classes for NICU parents are held here as well.

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 printer, fax, copier, television, and 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, baby hats and baby vests can also be found here.

The **NICU Mother's Milk Club Meeting** is held twice a week in the NICU Classroom. This interactive and supportive group is led by a lactation consultant who provides great information about pumping and breastfeeding. Please come to this group as many times as you like if you have different questions and needs as baby's needs change. See the electronic signs in the NICU for dates and times.

The **NICU Family News** is the quarterly newsletter written by our NICU graduate families for current NICU families. Current issues can be found in the Family Library or Family Lounge. In addition to the quarterly issues, there is a year-round issue focused on multiples that is always available. Back issues can be found in binders in the Family Library or Family Lounge as well as online at rwjbh.org/sbmcnicu (under menu, select newsletters).

The **Parents Guide to Sibling Adjustment in the NICU** was written by our graduate NICU parents to help you and your older children understand what it means for their baby brother/sister to be in the NICU. There is also information in this guide about how to contact a NICU social worker to set up a sibling meeting if you'd like to discuss any concerns.

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 worker know if you'd like one.

NICU Family Pizza Night is held monthly on a Sunday evening from 6:00-7:30 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 along with extended family members.

Valet Parking is available in the main lot of the hospital for no extra charge (weekdays from 6:00 am-9:00 pm and 6:00 am-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 rest of baby's hospital stay.



For the convenience of our families, many of the NICU Family Resources are available on our website. Visit rwjbh.org/sbmcnicu and look under menu for NICU Family Education & Information.

Items located there include: 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!