

Facilitating the Return of NICU Graduate Family Volunteer Contributions After COVID-19

Peer Mentorship and Support



Our experienced Peer Mentor volunteers, **Andrew** (pictured left) and **Zahir** (pictured right), have returned in-person to our NICU!



Alongside the NICU graduate moms on staff, Andrew and Zahir provide peer support to NICU families through gatherings in the NICU family lounge or visits with NICU parents by their baby's bedside.

Staff Education



The stories of families with a variety of NICU experiences and from diverse backgrounds are essential to staff education about delivering FI Care.



Tia (pictured left) shares her story at Small Baby education days.

Ebony (pictured top right with her family) and **Peggy** (pictured bottom right with her family) each presented at new NICU nurse orientation.



NICU Family Education

NICU fathers face pressures and experiences unique to them. The entire family benefits when there is support for and awareness of NICU dads' needs.



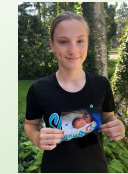
For Father's Day, we hosted a special Milk & Cookies family education session about the experience of NICU dads and their mental health. Grad NICU dad **Peter** shared his story and insights with current NICU families. His session gave current families the opportunity to receive information from and to speak with a peer who has lived experience navigating the NICU and prematurity as a father.

Communication, outreach, coordination, and support helped us re-integrate graduate family volunteers into our NICU work.

SCAN for more details about how we facilitated NICU grad family volunteers' return



Parents' Mental Health

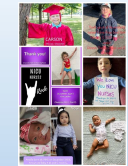


Our **Family Advisory Committee** developed an initiative to support current NICU parents' mental health.

NICU grad **Lily** (pictured left), who is 15 years old and a former 28 weeker, designed a card with a message of support from grad families and a coffee shop gift card to encourage the recipient to take a walk, a break, and to have a snack. The gift cards were funded by FAC donations, including money raised from a lemonade stand by NICU grad **Emma** (pictured right), who is 5 years old and a former 29 weeker.



Staff Appreciation



Grad parents **Chet** (left poster) and **Shania** (right poster) designed **Family Update Posters**, sharing thanks and thoughts about their NICU journey and how their NICU grad is doing now.

Since 2020, every year for **National Nursing Week** families send in photos of their former NICU babies, thanking nurses. Grad dad **Chet** (pictured in the purple poster) designed the 2023 photo display!



Preemie Picnic Annual Reunion

This year, a committee from our NICU redesigned and relaunched our Preemie Picnic Annual Reunion! **The Keshavjee Family** (pictured right, from top left, clockwise: Peer Mentor volunteer **Zahir**,



Rishma, NICU grad **Meera**, and **Irfan**) returned as longtime supporters of the event, sponsoring and facilitating food for the picnic and raffle prizes to raise funds for NICU family support programs.

