



### *Dear NICU Family,*

Your baby is here with us in the Holden NICU to receive special care. This can be a stressful time for your family, a time that you may feel unprepared for. You have a very important role as part of your baby's health care team and we want to offer you support throughout your time here.

We strive to provide care that is family-centered and the best for the development of your baby. We welcome any questions, concerns, or suggestions you may have to help us achieve this.

*Sincerely,*

*Your Holden NICU Team*

### **WE BELIEVE:**

*Families are important. The wellbeing of each family is basic to the health and wellbeing of society.*

*Families are self-defined and may include members who are not related by blood or marriage.*

*Each family member is an individual entitled to recognition and consideration.*

*Changes in the health status of one family member may affect other family members.*

*Family members benefit from supporting one another.*

Families are the primary providers of care for their own members. Professional care in times of childbearing or illness is meant to assist families in their basic caregiving function.

*To support you, your baby and your family, we offer a wide range of services:*

### *Annual Graduate Family Reunion*

Each summer, Holden graduates and their families are invited to a picnic reunion. You can find out more about the reunion in the Holdengrads website: [www.holdengrads.com](http://www.holdengrads.com). This event takes place on the last Sunday every June, from 2-5pm at Kensington Metropark.

### *Breast-feeding & Lactation Consultants*

There are several rooms in Holden where you may use an electric breast pump. You may also pump at your baby's bedside. Lactation Consultants are available to help you. After discharge, the UMHS Outpatient Lactation Clinic can provide support. 734-936-8886.

### *Breastpump Rental Information*

If you were given a breastpump kit while in our hospital, it is an Ameda Egnell kit. You need to rent a pump that is compatible with it. Look for a rental pump you can use with your kit. If you rent a Medela pump, you will need to purchase a Medela kit. MED EQUIP: (734) 975-7442, Dyad Lactation Services: (734) 975-6534, Busch's Pharmacy: (734) 994-7246.

### *Care Pages*

Create a free website for your family at: <http://www.med.umich.edu/carepages/>

### *Family Computers*

Family computers are located in the Holden NICU waiting room and in the Family Resource Center on the 8th floor.

### *Digital Cameras & Photo Printer*

There is a digital camera in each of the 4 rooms, with a photo printer located in the nursing office.

### *Family BookCart*

You're welcome to browse this library cart and check books out on subjects like, infant massage, kangaroo care, breast-feeding, scrapbooking and experiences of parents who have experienced the NICU.

### *Family Lockers*

There are a limited number of lockers in the Holden NICU waiting room that are available to parents of babies in the unit. They can be reserved through the clerk at the Front Desk.

### *First Friday Family Night*

On the first Friday of every month we host the Holden NICU First Friday Family Night with fun, facts and food, in the beautiful Family Resource Center, 6-8pm. Holden NICU parents and family are welcome to meet graduate families, work on a scrapbook, visit the NICU 101 table, and also to have pizza, salad and dessert that is provided. Siblings are welcome, with childcare by Volunteer Services. Take the Mott West elevators to the 8th floor and the Family Resource Center is straight ahead.

### *Hope Beads*

Holden NICU Hope Beads were designed to document and honor the journey a family takes during their hospital experience. It provides an opportunity for the parent to tell their baby's story using colored beads as meaningful symbols of the many steps taken throughout the course of treatment. Every display of courage by the family is acknowledged by adding beads to their necklace, thus telling their journey of treatment in a symbolic way. Thursdays, 1-3pm, in the Holden NICU Conference Room & First Friday NICU Family Nights, 6-8pm, in the Family Resource Center, 8th floor.

### *Infant Massage*

Instruction A trained infant massage instructor can teach families infant massage, which promotes bonding, reduces tension and fussing, aids in physical development, and helps relieve colic.

### *Holdengrads Mailing List*

The Holden NICU must have your permission to send you our mailings. If you'd like receive these, by snailmail or email, please fill out a mailing list card at the front desk.

### *Kangaroo Care*

Kangaroo care is a way of holding a preterm infant so that there is skin-to-skin contact between the infant and the person holding it. The baby, wearing only a diaper, is held against the parent's bare chest. Kangaroo care is typically practiced for two to three hours per day, skin-to-skin, over an extended time period in early infancy.

### *Meals for Holden NICU breastfeeding moms, families & guests*

Custom boxed meals are available, free of charge to breastfeeding moms, \$6 to families and guests, if placed by 11:30am. Menus are available at the front desk and meals are delivered to the Family Resource Center by 1:30pm.

### *Med Inn*

The Med Inn is a 30-room hotel located in the heart of the Health System and is directly attached to the University of Michigan Hospitals, offering comfortable, affordable accommodations. Patients and visitors who stay in Med Inn enjoy complimentary breakfasts. Double-bedded rooms, suites, and barrier free guest rooms are available. For reservations at Med Inn call toll free, 1-800-544-8684 or (734) 936-0100.

### ***NICU Baby Book***

This is a specially designed Baby Book so that you may record your baby's special birth and hospital experiences. You can ask the Desk Clerk, Unit Host, Parent Coordinator or your nurse if you have not received one.

### ***Nutrition Room***

A Nutrition Room is located across from the front desk. Families are welcome to help themselves to coffee, tea, hot chocolate, juice and crackers.

### ***Open Visitation/Parent's Choice Visitation Plan***

Visitation in the Holden NICU is open 24 hours a day. There may be occasions during surgical or other procedures and shift report when you may be asked to leave the patient rooms. Brothers and sisters may also visit if they are healthy. / Parents are asked to fill out a "Patient's Choice" form which indicates who can visit your baby and under what circumstances you want them to do so.

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### ***Parent Massage***

This service is available at varying times. Please check with the desk clerk or unit host.

### ***Parent Survey***

This survey helps parents of babies in intensive care nurseries. You will be asked Questions in 4 categories: Your baby's stay in the hospital, Leaving the hospital, Your baby at home, and Special questions from the health team. Go to the following link:  
<http://howyourbaby.org/survey/>

### ***Ronald McDonald House***

Families of children receiving care at the University of Michigan can find low cost rooms at the Ronald McDonald House. This community-run facility is located next to the medical campus at 1600 Washington Heights. A donation of \$10 per family per night is requested. To make arrangements, call (734) 994-4442, seven days a week, 9 a.m. to 9 p.m..  
<http://www.rmh-annarbor.org/>

### ***Scrapbooking on Mondays and Thursdays***

Families are welcome to bring photos, footprints and other memorabilia to the conference room for a time dedicated to preserving memories and getting to know other families. Snacks, scrapbooks and scrapbooking supplies are provided. Mondays, 4-6pm & Thursdays, 1-3pm.

### **Resources for Parents**

**The March of Dimes:** <http://www.marchofdimes.com/>

**The Institute for Family Centered Care:** <http://www.familycenteredcare.org/>

**Preemie-L:** <http://www.preemie-l.org/>

**Comeunity:** <http://www.comeunity.com/premature/>