



Dear mother and father,

While your baby is receiving care in the NICU, you can do a lot to help your baby. I know your baby is sick, and your world has turned upside down. You may feel there is nothing you can do to help your baby get better. But there is.

First, you have to take care of yourself. The way you feel and cope is very important for you and your family, and especially for your new baby. The way you feel and what you, can have a big impact on both or you. We can help you with the stress, anxiety, and uncertainty in the days to come.

Next, you must help take care of your baby. Your presence, your touch, your heartbeat, your strong hands and gentle voice can be an enormous comfort to your child. We can help you by showing you what you can do to support your baby. As your child recovers, I can help you identify your child's developmental needs and answer questions about what will help in the future.

In the NICU, as part of the team caring for your baby, we provide social and psychological services to help support you and your baby. I am a clinical psychologist with years of practice helping moms and dads like you. Your doctor or nurse may ask me to talk to you. I may approach you, if I see you there. **But if you don't see me, ask for me.**

This is a hard time for you. I am here to help you with the stress, with hospital procedures, with your baby's needs. I also give a weekly parenting workshop to give you suggestions that will help foster your baby's healthy development in the coming months.

I am looking forward to meeting you and your baby.

Dr. Graciela B. Nearing