



5 THINGS

YOU CAN DO TO HONOR

NICU



REMEMBRANCE DAY

1

Light a candle to honor and remember a baby whose life was too brief.

2

Donate remembrance keepsakes to the NICU for bereaved families.

3

Send a card to someone in remembrance of their NICU baby.

4

Plant a flower or tree in honor of a NICU baby.

5

Volunteer to provide peer support, kindness, and empathy to other bereaved families of NICU babies.

This project is a collaboration between



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www.nicuawareness.org

www.nationalperinatal.org/NICU_Awareness