

5 WAYS

TO GIVE BACK
TO YOUR

NICU



1

Host a Donation Drive

Ask family and friends to donate books or other items to support NICU parents.

2

Share a Meal

Host a luncheon or breakfast for families who are currently in the NICU.

3

Help to Ease NICU Families' Financial Burdens

Donate gas cards, gift cards, restaurant gift certificates, and travel vouchers to NICU families so they can be together.

4

Thank Your NICU Staff

Deliver treats and notes of gratitude to your local NICU unit.

5

Get Involved

Join a peer-to-peer support group. Serve on your hospital's parent advisory council.

This project is a collaboration between



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www.nicuawareness.org

www.nationalperinatal.org/NICU_Awareness