



Mighty Little Giants

SUPPORTING FAMILIES WITH
PREMATURE BABIES & BEYOND



Mighty Little Giants (MLG), is a National 501(c)(3) non-profit organization that advocates for mothers and fathers experiencing pre-term deliveries resulting in long-term stays in the hospitals' NICU. Our mission is to bridge and stand in the gap for families with babies in the NICU by embracing our core values – Integrity, Compassion and Encouragement – ultimately giving them peace in the midst of their storm.





OUR *Programs*

NICU Support

Life AFTER the NICU

Mighty Little Angels



**MIGHTY
LITTLE
GIANTS**

EXPANDING OUR

Programs

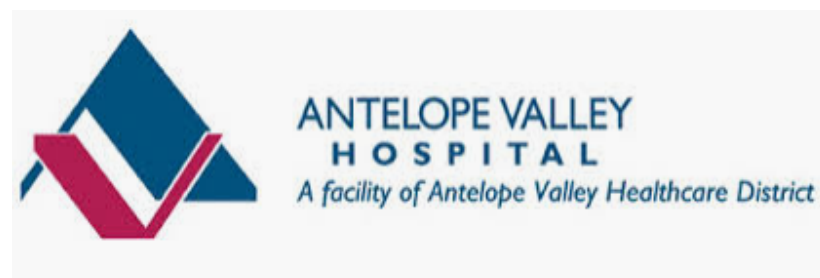
**Preventative
Support**

**Lactation Education and
Training**

**Doula Services
and
Postpartum Care**



OUR Partners



Antelope Valley
African American Infant & Maternal Mortality
Community Action Team

BACKGROUND & CURRENT Committies

- Patient and Family Advisory Committee - Children's Hospital of Los Angeles
- Parent Hour Committee - Children's Hospital of Los Angeles
- Home Visitation Advisory Board - AVPH
- Cherished Futures for Black Moms & Babies - AV Community Adviser
- African American Infant Maternal Mortality Committee - AV, SLA/SB
- Perinatal Equity Initiative NICU Project Steering Committee Member with BreastfeedLA
- Antelope Valley Breastfeeding Coalition
- BA - Early Childhood Administration
- Certified Lactation Education Specialist (CLES)
- Doula



NICU MOMS DESERVE DOULA SERVICES TOO!

Postpartum Doula Services

What's a NICU Postpartum Doula?

A NICU Postpartum Doula is someone who is there to partner with you throughout your NICU journey. We are here to support while you adjust to your new normal mentally, physically and emotionally. "As a former NICU mom, being able to relate to someone that truly understands the NICU life is priceless." -Jessica Wade



CONTACT US TODAY!



Please visit our website www.MightyLittleGiants.org or scan the QR code to request additional information. You can also schedule a one-on-one consultation!

MLG DOULA SUPPORT SERVICES

- Hospital/Bedrest Prenatal Doula Support
- Prenatal Doula Support
- Postpartum Doula Support
- NICU Postpartum Doula Support



Support & Advocacy

NICU Postpartum Doulas can assist with making you feel included in your child's care as much as possible during their NICU stay. By having a Doula who was once a NICU parent can be very beneficial. Your doula can assist with answering questions you might have regarding the day-to-day NICU life, procedures, equipment, and can advocate with purpose and much more. Most of all, they can relate to your experience, which is priceless!



Emotional Support

Emotional support is vital part of your NICU journey. A NICU Postpartum Doula will be able to stand in the gap and assist with the tools to decrease the outside stressors that can affect you internally. Postpartum Doulas can also provide local resources of support and comfort during this time.



Lactation Education

Lactation education is extremely important for new moms and babies, especially for our NICU moms and babies. Providing breast milk for babies in the NICU can be trying at times, due to the babies inability to latch onto the breast, due to feeding tubes, monitors and additional life-saving medical equipment. A Postpartum Doula can provide education on pumping, self expressing, bonding methods to increase breast milk, relaxation techniques to reduce stress, and so much more!



Postpartum Doula Support

Natural Remedies

A Postpartum Doula can educate you on natural remedies and relaxation techniques to decrease stress, and how to center your energy and reset. The NICU can become stressful and weigh heavy on your spirit at times, so it's important to have an accountability partner to support and encourage your self-care and mental state of mind during this time.



CONTACT

Information

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