

Tips + resources
for parents provided by
Mighty Little Giants
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LIFE AFTER THE NICU PARENT DO'S AND DON'TS!



DON'T - SECOND GUESS YOURSELF

Don't ever second guess yourself when you feel like something is wrong with your baby.



DO - TRUST YOUR INTUITION

Trust your intuition or your first "mind". You've been right there with your child throughout their NICU experience. It's better to over react than to under react!



DON'T - STAY SILENT

Don't stay silent when you're mentally or physically overwhelmed.



DO - REACH OUT FOR HELP

Reach out and speak up. Know that you're NOT alone. Find a local NICU parent or new parent support group. Also look into therapy for postpartum depression.



DON'T - REFUSE THE HELP

Do NOT refuse the help! After advocating for your child throughout their NICU experience, it might feel like you have to do it all, but you don't.



DO - ACCEPT THE HELP

Accept the help even if something is not done the way you would do it. Accept the help of your spouse, a grandparent, sibling or close friend. Give yourself a break, it's necessary!