



NICU Navigation Guide

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Has your child been born before 37 weeks and has been admitted to a Neonatal Intensive Care Unit (NICU) or a Special Care Unit (SCN)?

Then this New NICU Dad Alert is for you.

Im not going to beat around the bush, Im going to come straight out and say it:

NICU is going to be your toughest journey as a Dad. You are now a NICU Dad. Own it. You can do it. Thousands of past NICU Dads are proof of it.

Since my wife gave birth to twins born 10 weeks & one day early in 2013, I became a NICU Dad. And it was tough with managing family, friends, work, bills, dogs, money and everything else during the 14 weeks of NICU and beyond.

There was also a lack of information written by NICU Dads for NICU Dads. What should a NICU Dad do?

I began a quest to speak to as many past & current NICU Dads as I could to understand how they managed or didn't manage everything while they had a newborn in the NICU.

It was not easy.

I relived my NICU experiences every single time I spoke to another Dad. As did they. But we persevered, shared & recorded our experiences, perspectives and insights.

Why?

So new NICU Dads, like yourself, can steer the family ship with confidence and with the pride that comes with being a new Dad.

This New NICU Dad Alert will guide you.

It comes from the full book, "Enter The NICU", available on Amazon, [click here](#) if you want to find out more.

But get started with this Alert. You can do it. And join us on Instagram and Facebook.

Sincerely,

Rad White
Founder

The first 72 hours within a NICU are crucial for a NICU Dad.

In this time you need to accept your wife or partner is dealing with her own experiences of the prematurity (it is her body) and that your child is not meant to be in the world yet will be born before due time.

Fact: This is actually happening whether you are ready or not, so get yourself ready with these tips from past NICU Dads.

The quickest way to be able to get on with it is to accept the situation as it is and to make the most of it.

Play the percentages.

It doesn't get any realer than this in life.

Put everything else aside and focus.

The past NICU Dads that have contributed to this book have collectively pooled their experience and provided their top tips to support new NICU Dads through their first 72 hours of NICU.

Also, the NICU Dad who provided the tip has been referenced, so you can read their extended chat and experiences if you get Enter the NICU on Amazon.

The tips have been split into major categories of:

Managing Your Mindset (12 tips)

Support Your Partner (3)

Caring for Your Child (3)

Your Relationship With Medical Professionals (4)

Managing Family & Friends (5)

Actions to Consider (6)

Each tip has been deeply considered with the new NICU Dad in mind.

Manage Your Mindset

- I - Gratitude: be grateful your baby is alive (Alan)
- 2 - Work on what you can control aka yourself (Dan)
- 3 - Work on what can be influenced, perhaps your partner, work, home, extended family (Dan)
- 4 - It's so important to actually be hopeful and regardless of what you're being told, that won't necessarily be what happens, and sometimes in that situation, hope is all you've got- stay hopeful no matter what is about to come (Nic)
- 5 - Be present: your baby is here today, enjoy them, don't worry about tomorrow (Alan)
- 6 - Be observant. It's a lot to take in, but do what you can to take note of stuff, to try and understand stuff, in the knowledge that you don't have to get it all (Nic)
- 7 - Ask for help (Lawrence)
- 8 - Don't expect a timeframe that's going to suit what you want or need because time isn't important, your children are (Rodney)
- 9 - Make sure you are mentally present for your child, your partner and yourself. Its hard sometimes but be there for every second because your family needs you (Radford)
- I0 - Figure out what you can control & influence (Dan)
- II - Be present with your partner, with your child, and with the experience to cherish those moments, even in their strangeness and unexpectedness (Nic)
- I2 - Remain positive at all times (David)

Supporting Your Partner

I3 - Be there for your wife / partner (Matt)

I4 - Support your wife / partner and yourself and don't blame yourselves (Paul)

I5 - Relay all information to your partner especially if she is sick and stuck in bed. Keep her involved as much as possible (Mark)

Caring for your Child

I6 - Cuddle your child (if you can) and be a strong but fair advocate on behalf of your child (Paul)

I7 - Learn your babies cues and engage through kangaroo care, reading or singing, or just holding hands - let them know you care (Radford)

I8 - As soon as you can, get in there and kangaroo cuddle your children, or your child, and hold them close and do it as much as you can (Rodney)

Your Relationship With Medical Professionals

I9 - Your baby is in the best care possible. Trust the Doctors and Nurses caring for your child/ren (Mark)

20 - Talk to the Head Paediatrician as soon as possible about your child's condition (Paul)

21 - Trust in the Doctors and Nurses (David)

22 - Try to always meet and acknowledge the NICU Nurses & staff every time you visit to get an update and build relationships - these are people who care for your child (Rad)

Managing Family & Friends

23 - Get support from family & friends (Matt)

24 - Don't feel like you have to pass on all the information that you've been given, and trying to absorb, to your family and your friends straight away.

Share when you are ready to share (Rodney)

25 - Many family & friends will say "Let me know if you need anything". Give them a job; walk your dogs, make reheatable meals, water the plants, collect mail etc (Radford)

26 - Have one person you can rely on to share updates with and give them the job of delivering the updates to your families and friends (Lawrence)

27 - Create a Facebook page that you can post photos, thoughts and updates and invite your family and selected friends to join. That way you can direct everyone to the Facebook page instead of responding to so many texts, calls, messages and emails (Mark)

Actions to Consider

28 - Do not use or become a Google doctor! (Lawrence)

29 - Health monitor: write what means what (Alan)

30 - Be involved if you are offered the chance (Mark)

31 - Take notes or keep a log to reflect back on your experiences in years to come (David)

32 - Make sure you get your rest (Lawrence)

33 - Look after yourself, eat well, rest (Matt)

Now, Over To You....

There is no doubt, being a NICU Dad is tough.

But there are many exciting times ahead.

Like your first kangaroo cuddle.

Taking care of the baby's cares.

Reading to your child.

Taking photos.

As a Dad, all you see are your child's abilities.

Use any of the NICU Dad tips that work for you - everyone's NICU experience is different - there is no right or wrong, just experiences.

Community

If you learn something that you feel could benefit future NICU Dads, share it on our Facebook page (www.facebook.com/NICUBeard).

Or join us on Instagram at <https://www.instagram.com/nicubeard> or @NICUBeard

Or on Twitter at <https://twitter.com/NICUBeard> or @NICUBeard

And remember, Enter The NICU is found on Amazon and has the full transcripts of the interviews with the Dads that served as the source of inspiration for this book. Go to: <https://amzn.to/2BNNA7j> to buy the book for yourself or a friend.

Please comment and post on social, share or review the book if you liked it.

It will help others long after you have left the NICU and you will make it easier for the next round of NICU Dads.

Hope to see your posts, your review and hear how you managed your experience.