



Family Support Services, LLC

What to Expect if Your Baby Needs NICU Care

A gentle guide for families navigating high-risk pregnancy

If you've been told there's a chance your baby may need NICU care, you may feel overwhelmed or unsure what to expect. You are not alone and you don't have to prepare for this on your own.

What is the NICU?

The Neonatal Intensive Care Unit (NICU) is a specialized area where babies receive extra support after birth. Some stays are short, while others are longer depending on needs.

What families often experience

- Learning new medical language and routines
- Waiting for updates and watching monitors
- Balancing hope, fear, and uncertainty
- Navigating time between home and hospital
- Adjusting to parenting in an unfamiliar environment

Gentle ways to prepare

- Write down questions
- Ask for clear explanations
- Take breaks when you can
- Stay connected to your support system
- Give yourself permission to feel

What a NICU Doula Provides

A NICU doula offers non-medical support to help families feel more supported and steady:

- Emotional support during hospital stays
- Help processing information you've received
- Support during difficult or uncertain moments
- Support as you find your own role and routines as a parent
- Support preparing for NICU discharge and the transition home

6LBs Family Support Services provides compassionate, non-medical support for families navigating high-risk pregnancy, the NICU journey, and the transition home.

Harmony Bass, C-ND
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