

# *All About Baby's* **Hospital Stay**

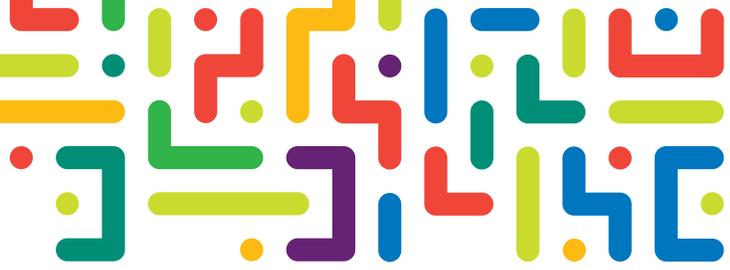
A Sibling's Activity Guide to  
the NICU Experience





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# *All About* **ME**

1

*Baby is here!  
Yay! Use the  
activities in  
this section  
to introduce  
yourself and get  
to know baby.*



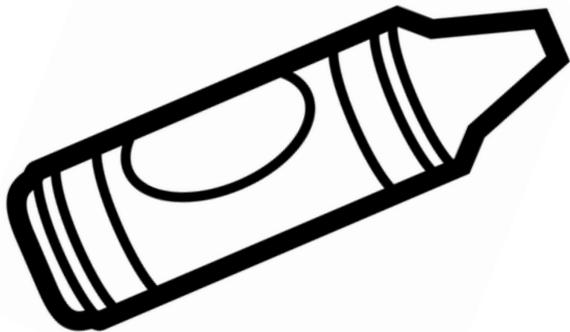
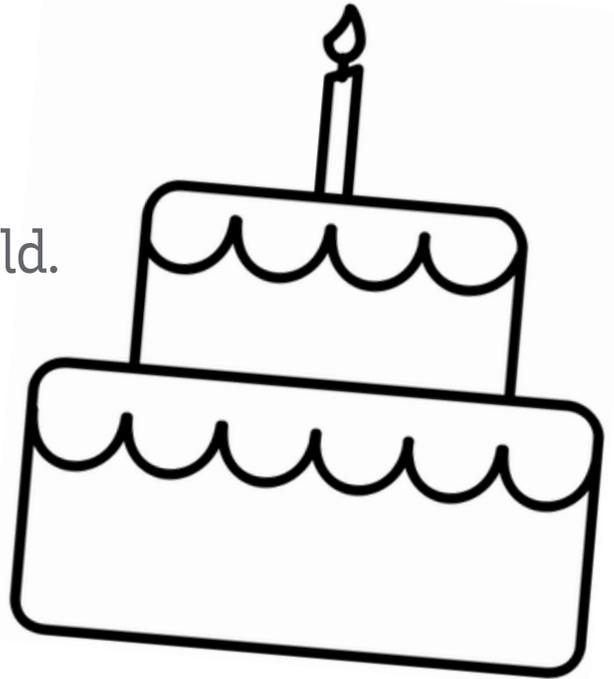
# All About **ME**

Tell your new baby all about you.

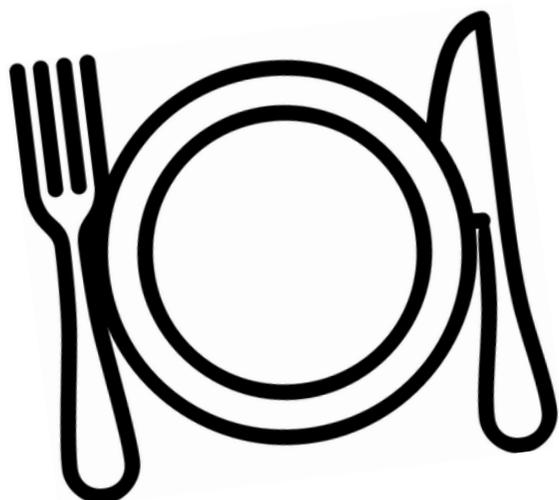
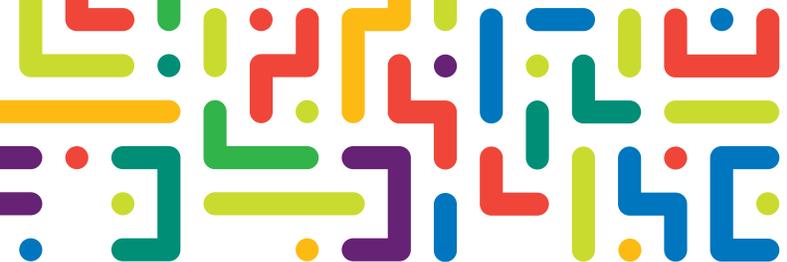


My name is \_\_\_\_\_

I am \_\_\_\_\_ years old.

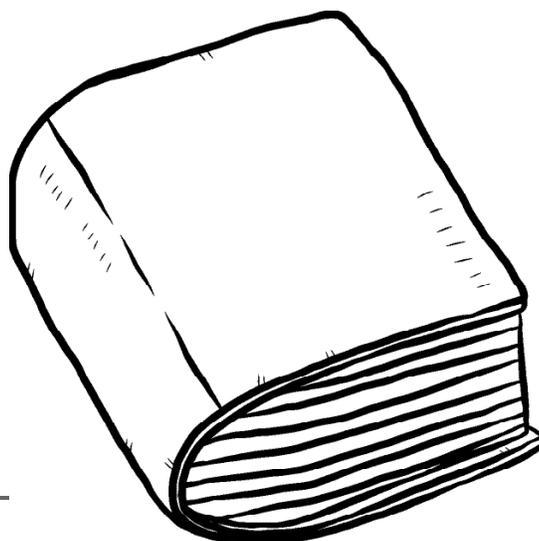


My favorite color is \_\_\_\_\_



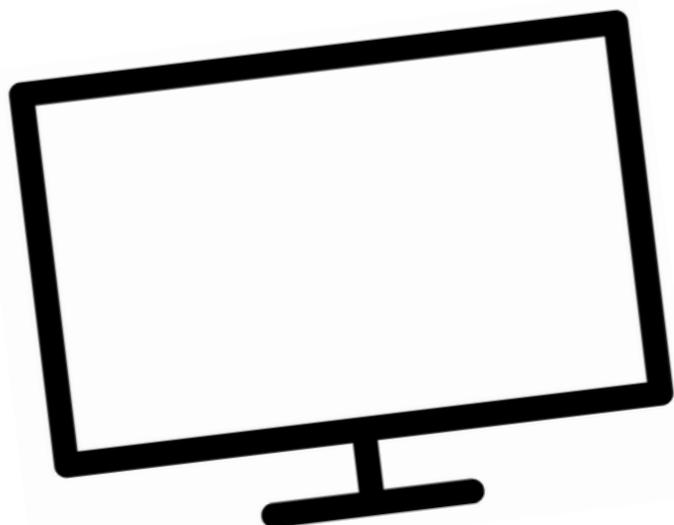
My favorite food is

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My favorite book is

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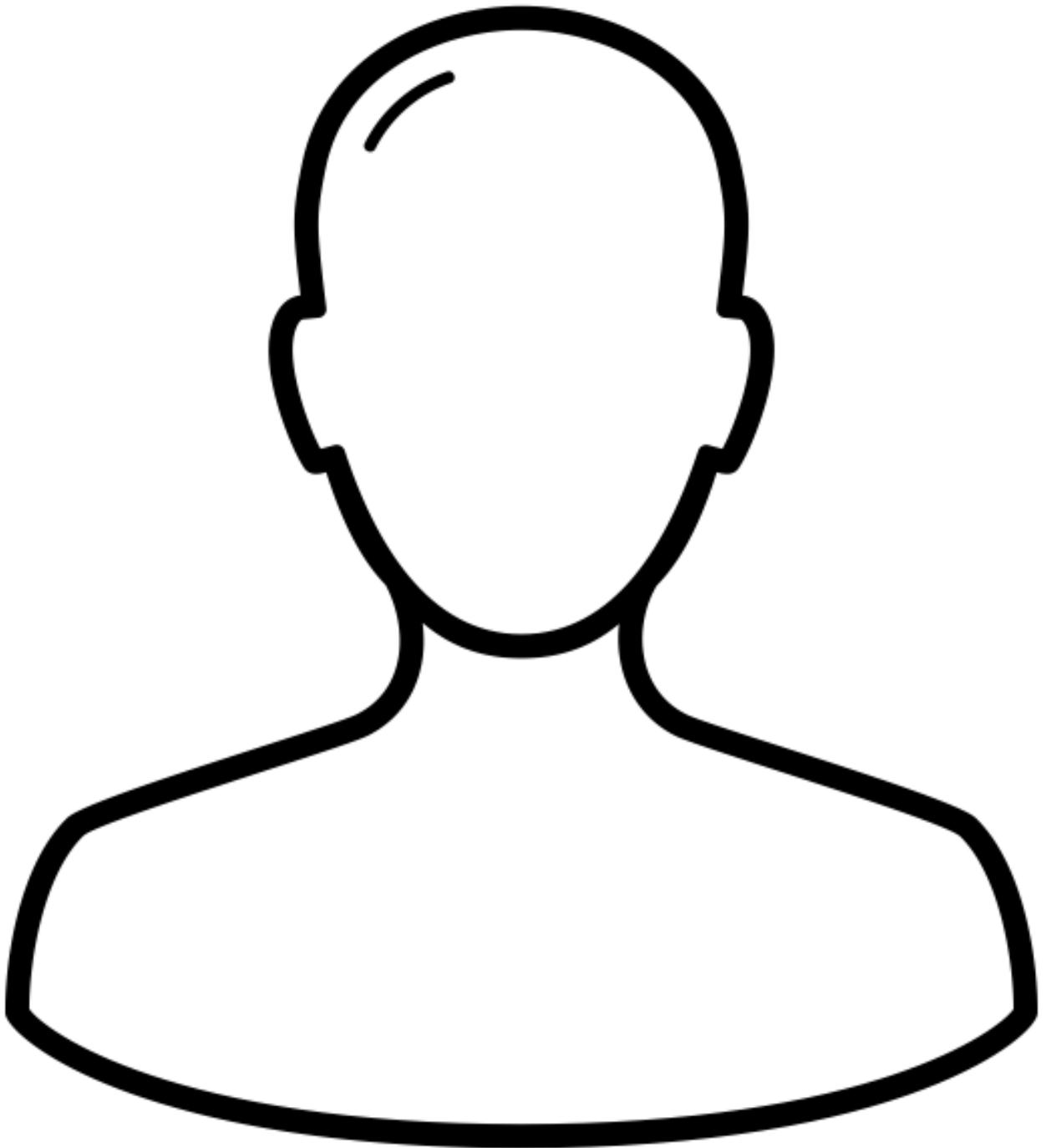
My favorite TV show is

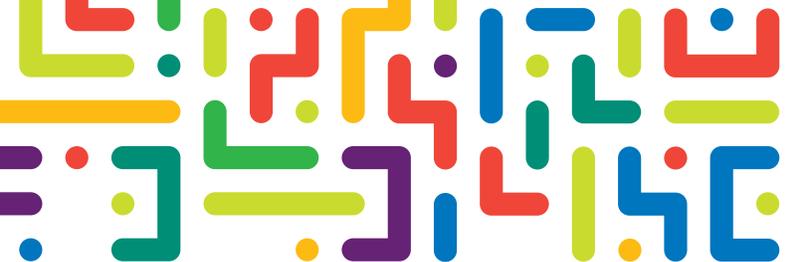
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# *What do **YOU** look like?*

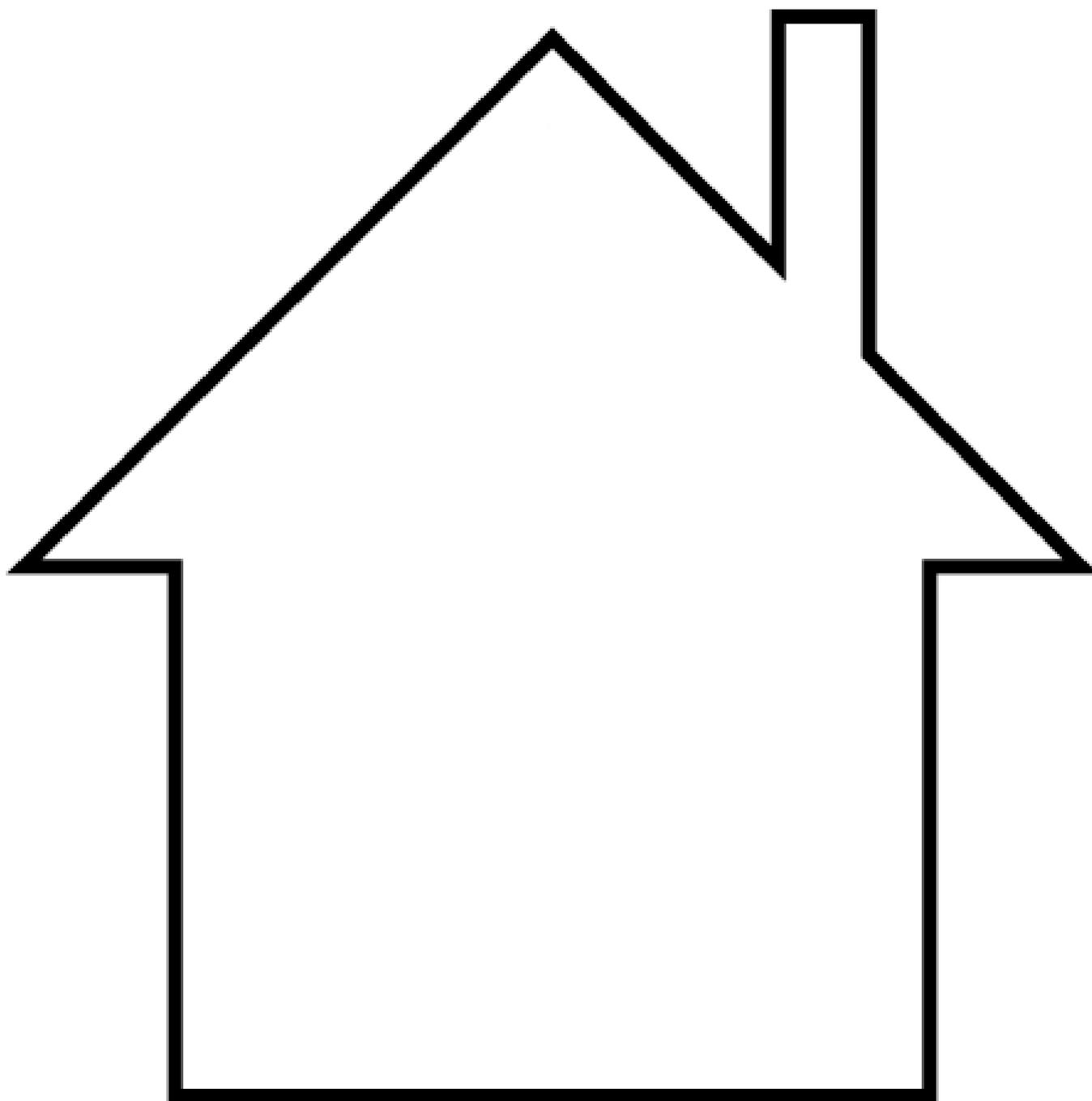
Draw yourself for baby.





# *My* **FAMILY**

Draw your family for baby.

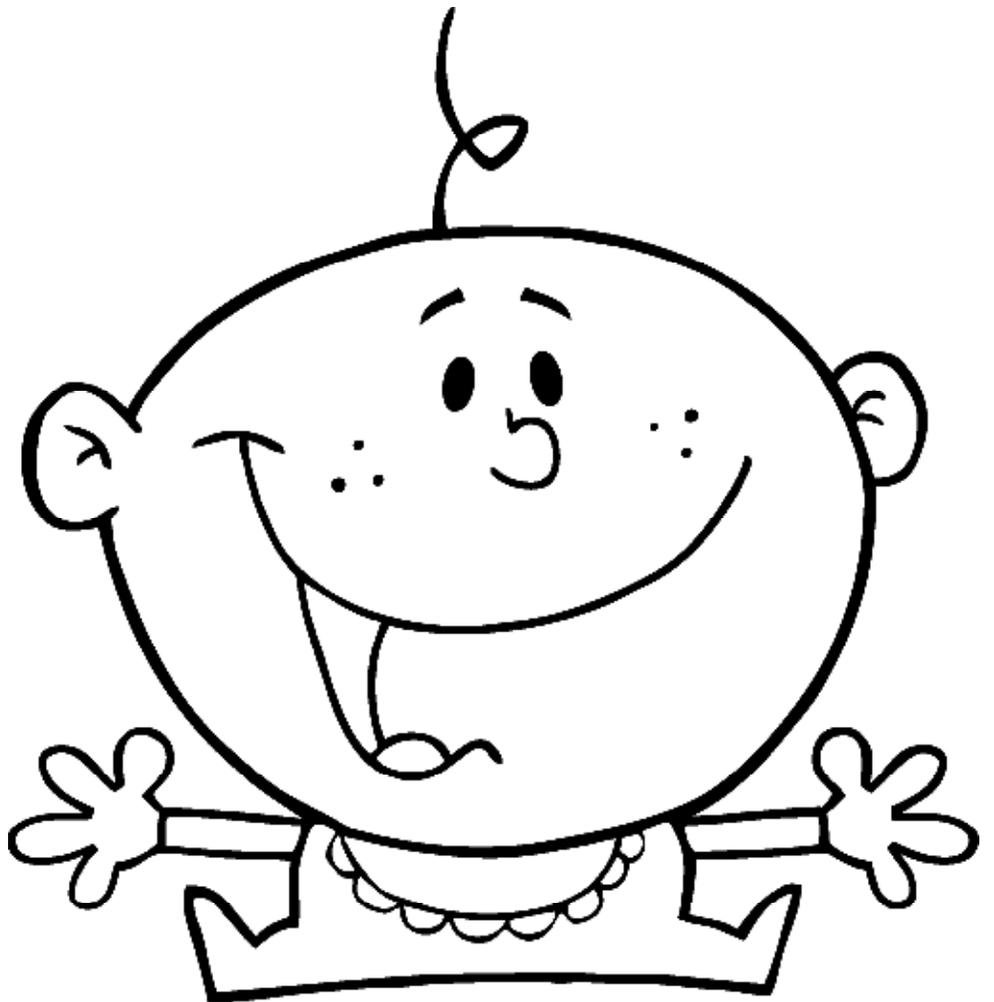


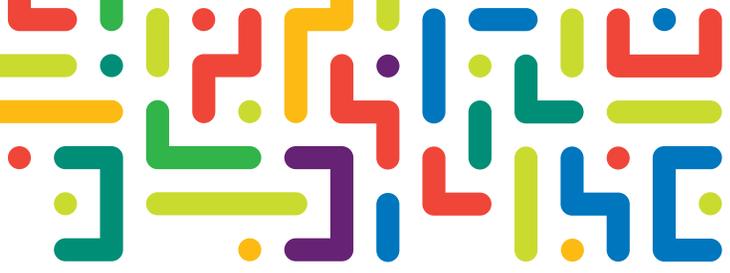


Is your new **BABY** a boy  
or girl?

Circle one. Color the picture.

**BOY**  
or  
**GIRL**





# CONGRATULATIONS

## *Big Sister Certificate*

On this \_\_\_\_\_ day of \_\_\_\_\_,

Name \_\_\_\_\_

Is now and forever a

# **Big Sister**





# CONGRATULATIONS

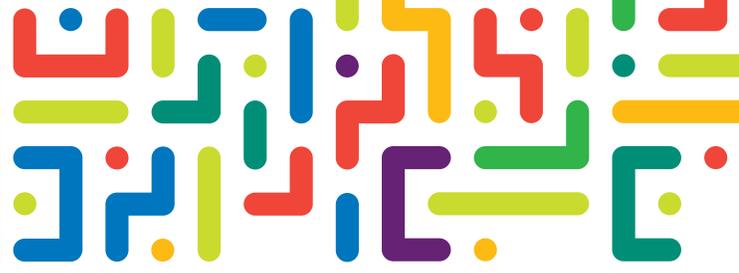
## *Big Brother Certificate*

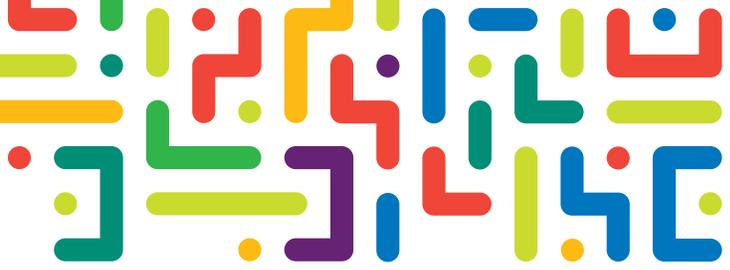
On this \_\_\_\_\_ day of \_\_\_\_\_

Name \_\_\_\_\_

Is now and forever a

# **Big Brother**





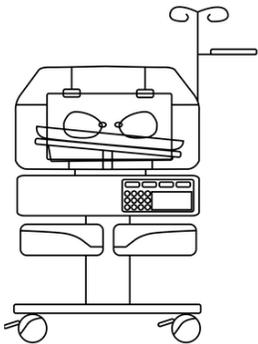
# *All About the* **NICU**



*Baby was born but must stay in a part of the hospital called the NICU. The NICU is a special place in the hospital for small and sick babies. Babies stay in the NICU so physicians can help them grow and get stronger. Use the pages in this section to learn more about the NICU.*

# NICU *Words to Know*

Talk about these words with your caregiver.



## **Isolette**

A special bed that protects baby and helps them grow and get stronger.



## **Blood pressure cuff**

A tool used to measure how well baby's heart is pumping blood through their body.



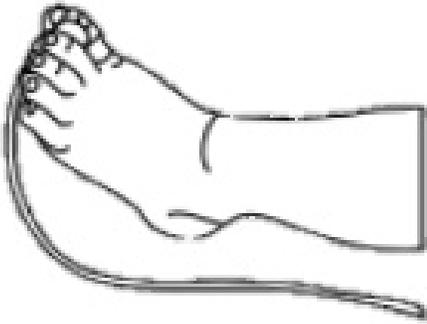
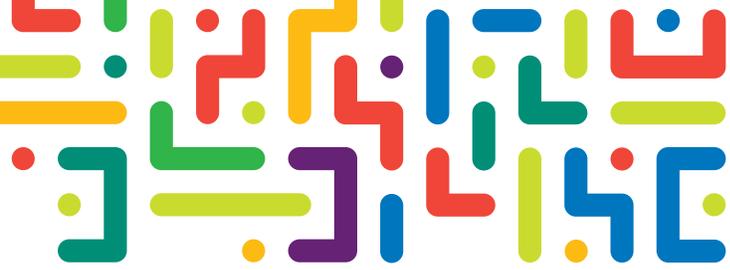
## **Breast pump**

A bottle that collects mommy's milk to feed baby so they can grow and get stronger.



## **Nasal cannula**

Small tubes that go in the nose to give baby extra air and help them breathe.



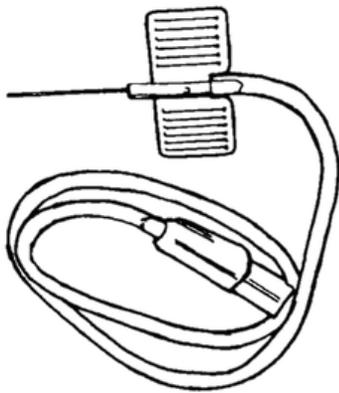
## Pulse oximeter

A small wrap connected to a wire that measures baby's oxygen levels.



## NG tube

A small, soft tube in the nose that leads to the stomach. Milk goes into it to feed baby.



## I.V.

A small straw that is put into a vein to give baby medicine.



## Vitals monitor

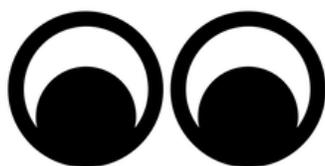
A computer that shows nurses and physicians how well baby's body is working.



# What is the **NICU** like?

If you visit the NICU, you might ...

**SEE**



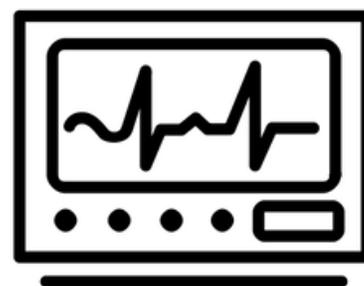
Dim lighting



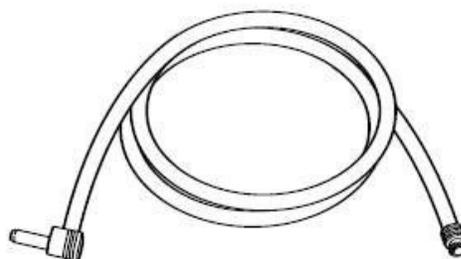
Physicians and nurses



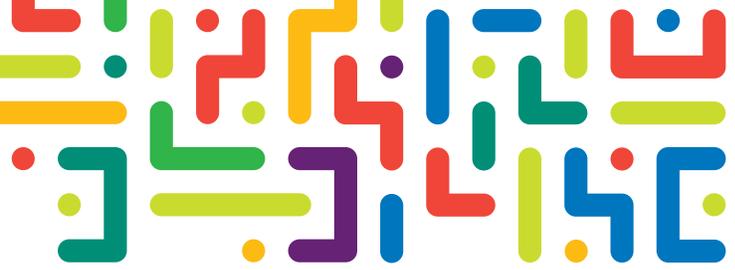
A lot of babies



Many machines



Tubing and wires



# HEAR



Quiet



Babies crying



Beeping and alarms

# FEEL



Cold



Facemask

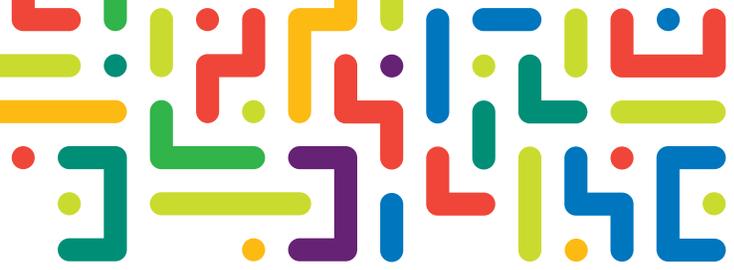


Gloves



# *Color the* **ISOLETTE**





# Seeing **BABY**



## 1. Wash your hands

To keep germs away from baby



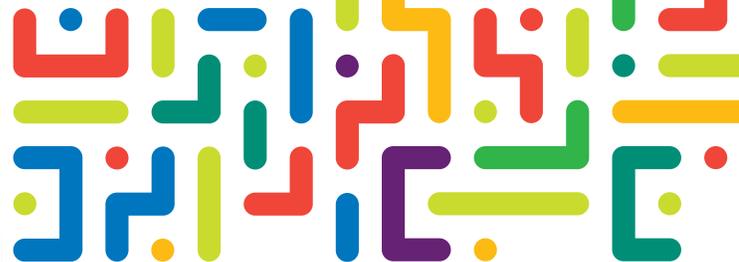
## 2. Speak in a low voice

So baby's ears will not hurt



## 3. Move slowly and gently

To keep you and baby safe



*What* **QUESTIONS** *do you have?*

Write questions you might have about the NICU here.

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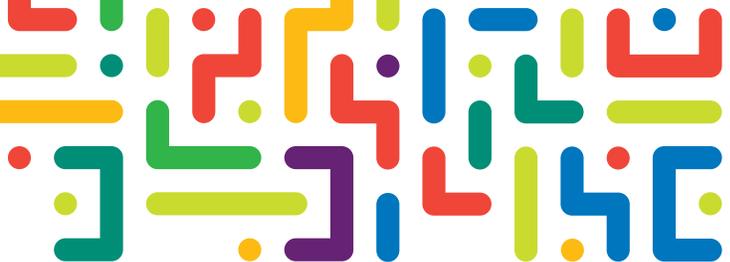
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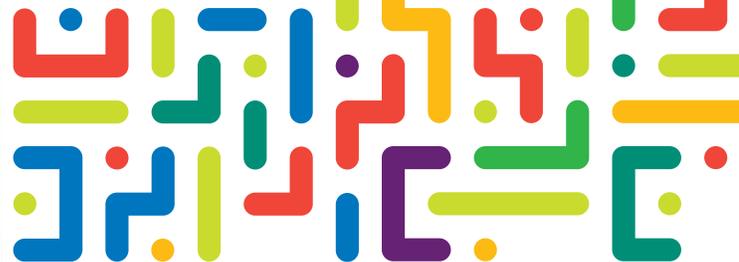
If you would like, share these questions with your caregiver or baby's nurse.



## *All About Getting* **INVOLVED**

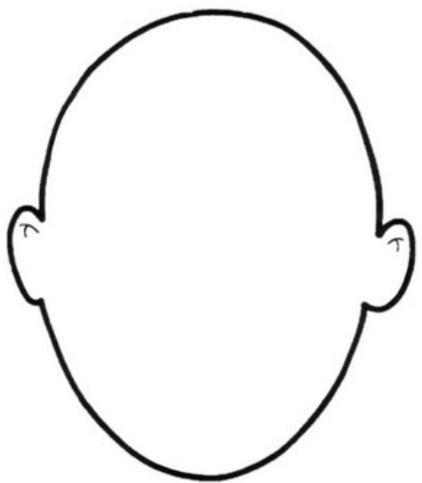
3

*You might not be able to spend a lot of time with baby in the NICU. But there are so many ways to let baby know you care about them. Use the activities in this section to do that!*

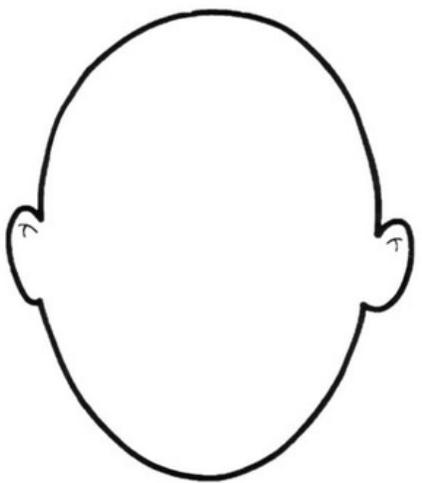


# *Who is taking care of* **BABY?**

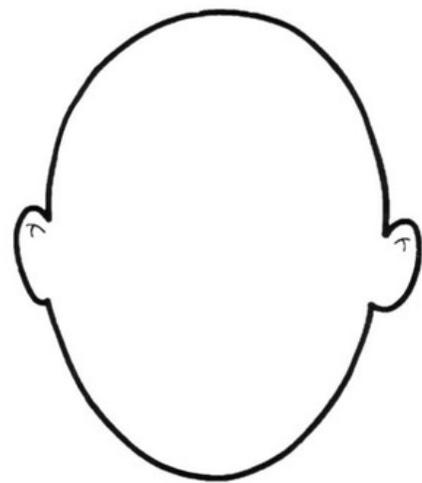
Keep track here.



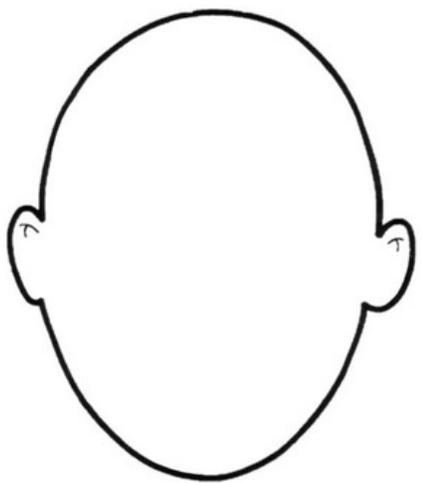
Name: \_\_\_\_\_  
Job: \_\_\_\_\_



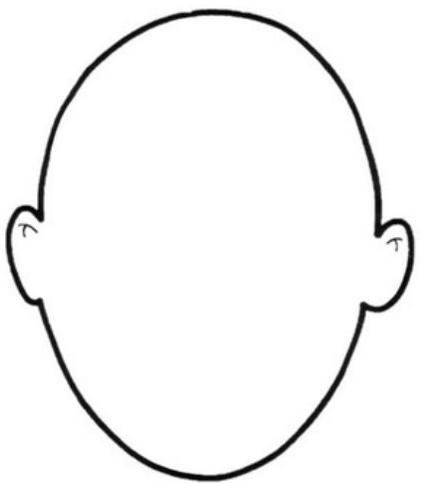
Name: \_\_\_\_\_  
Job: \_\_\_\_\_



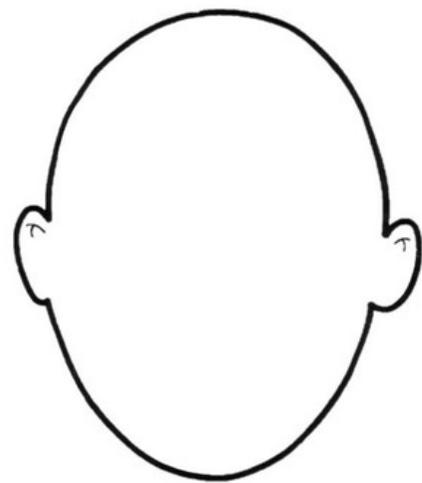
Name: \_\_\_\_\_  
Job: \_\_\_\_\_



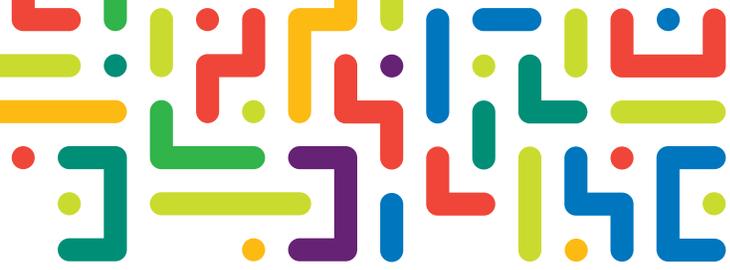
Name: \_\_\_\_\_  
Job: \_\_\_\_\_



Name: \_\_\_\_\_  
Job: \_\_\_\_\_

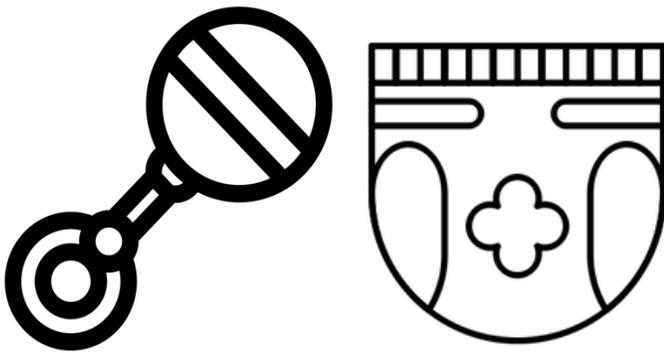


Name: \_\_\_\_\_  
Job: \_\_\_\_\_



# *How can you help with **BABY?***

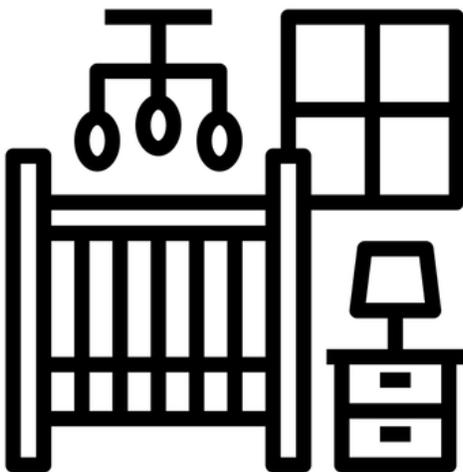
Here are some ideas.



Gather diapers and other supplies.



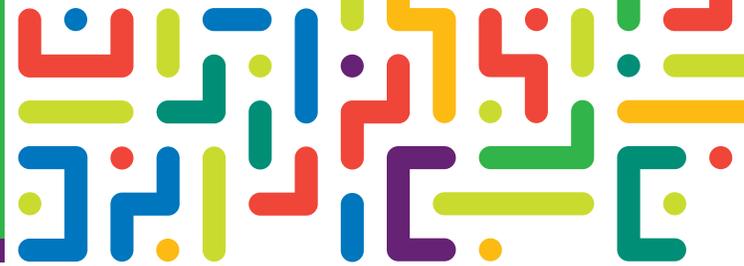
Keep baby's NICU space tidy.



Get baby's room ready for home.

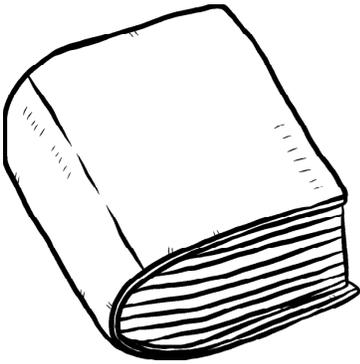


Pick out baby's clothes.



# *Comfort Kit for* **BABY**

Find these items for baby to have in the NICU.



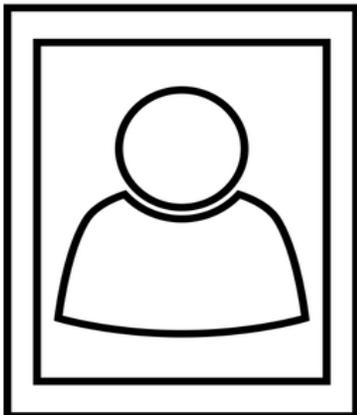
## **Share a Story**

Share your favorite book with baby!  
Your caregiver can read it when they visit.



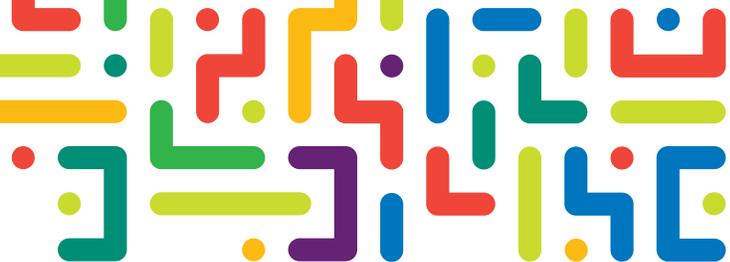
## **Draw a Picture**

Draw a picture for baby to show them what outside looks like.



## **Picture of you**

Find a picture of you to hang in baby's isolette. Baby will know what you look like.



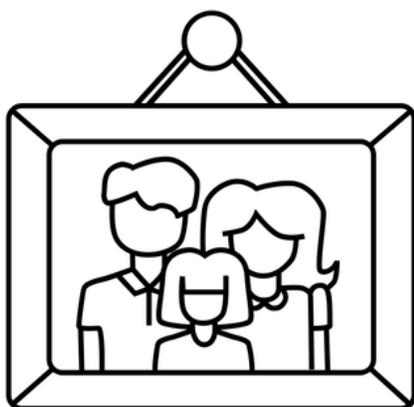
## **Song or story**

Record a song or story for baby. This will comfort baby when they feel sad.



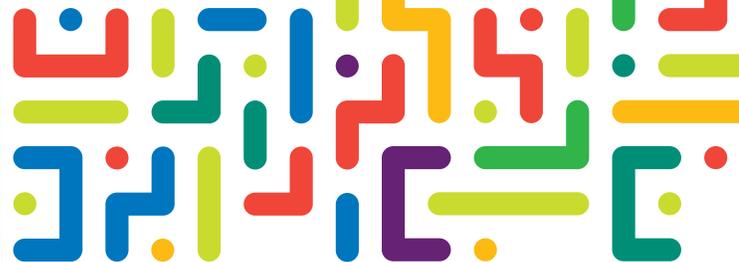
## **Write a letter**

Write a letter to baby. You, a caregiver, or a nurse can read it to them.



## **Picture of family**

Find a picture of your family to hang in baby's isolette.



# BABY'S *Progress*

Ask your caregiver for updates on baby and keep track of them here.



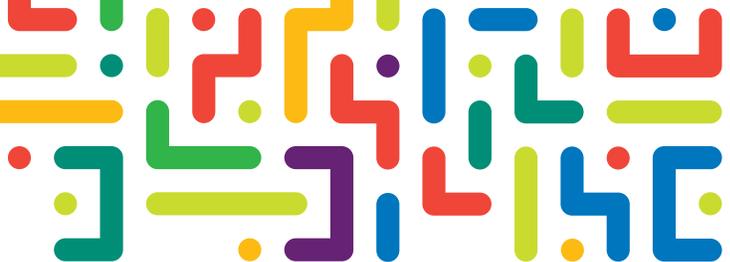
# *What is **BABY'S** name?*

Use this space to create a name plate for baby's isolette.

A large rectangular frame with a thick black border. Inside the frame, the word "HELLO" is written in large, hollow, outlined letters. Below it, the text "My name is" is written in a smaller, simple font. On the right side of the frame, there is a small icon of a pair of scissors, indicating where to cut out the nameplate.

Have a caregiver help you cut it out.





## *All About My* **FEELINGS**

### 4

*Having your new baby in the NICU can be hard. You might have many different feelings during baby's stay. Use the activities in this section to explore your feelings.*



# *Messages to* **BABY**

Finish the sentences below. You, a caregiver, or a nurse can read them to baby.



One day I hope that you



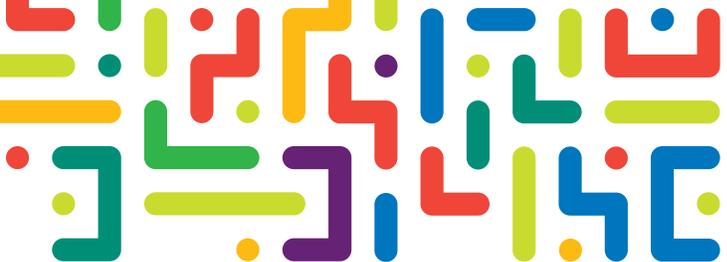
I want to teach you



You should know that



I can't wait until you



One day we can play

I want to show you

I want to help you

I'm proud of you for

Use your own paper to write more messages to baby. You could even create a mailbox and put it by baby's isolette to put your messages in.



# Sometimes I **FEEL** ...

While baby is in the NICU, you might have a lot of different feelings. You can talk about them here.



I feel sad when

-----



I feel mad when

-----



I feel happy when

-----



I feel worried when

-----



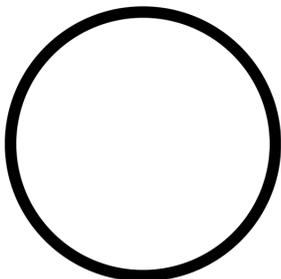
I feel excited when

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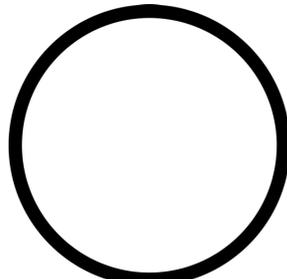
I feel scared when

-----



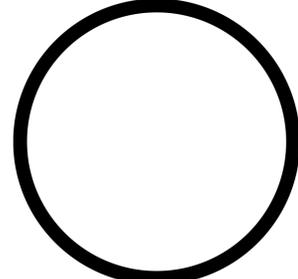
I feel \_\_\_\_\_ when

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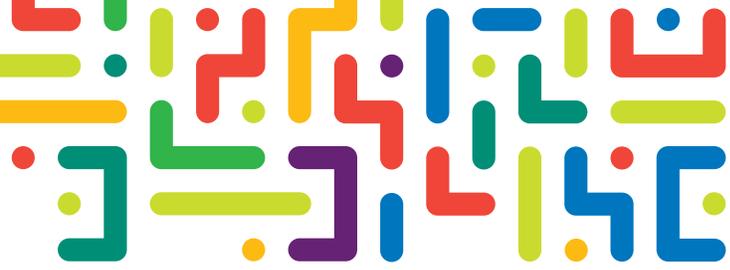
I feel \_\_\_\_\_ when

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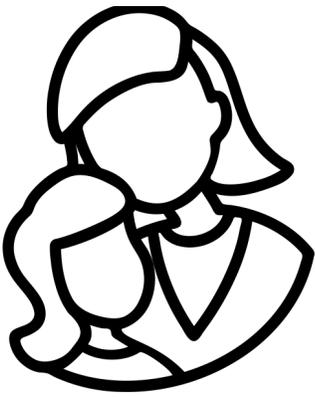
I feel \_\_\_\_\_ when

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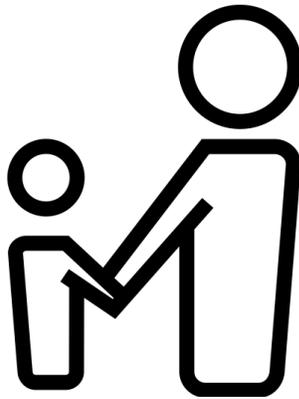


To feel **BETTER** I need to...

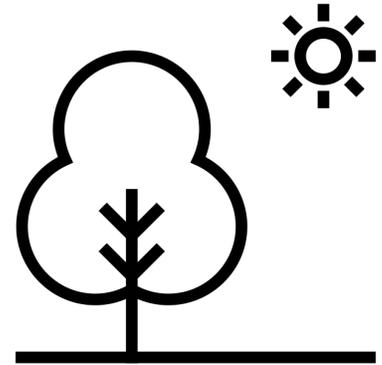
Circle the ways your caregiver can make you feel better when baby is in the NICU.



be hugged



spend time with  
my caregiver



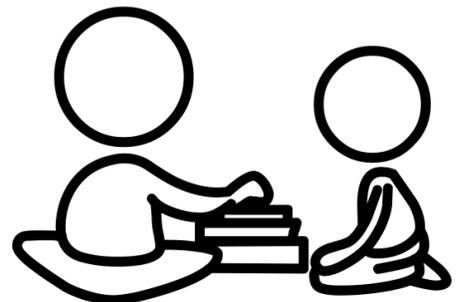
go outside



talk

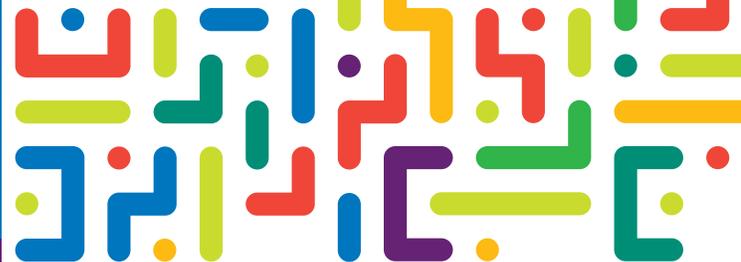


listen to music



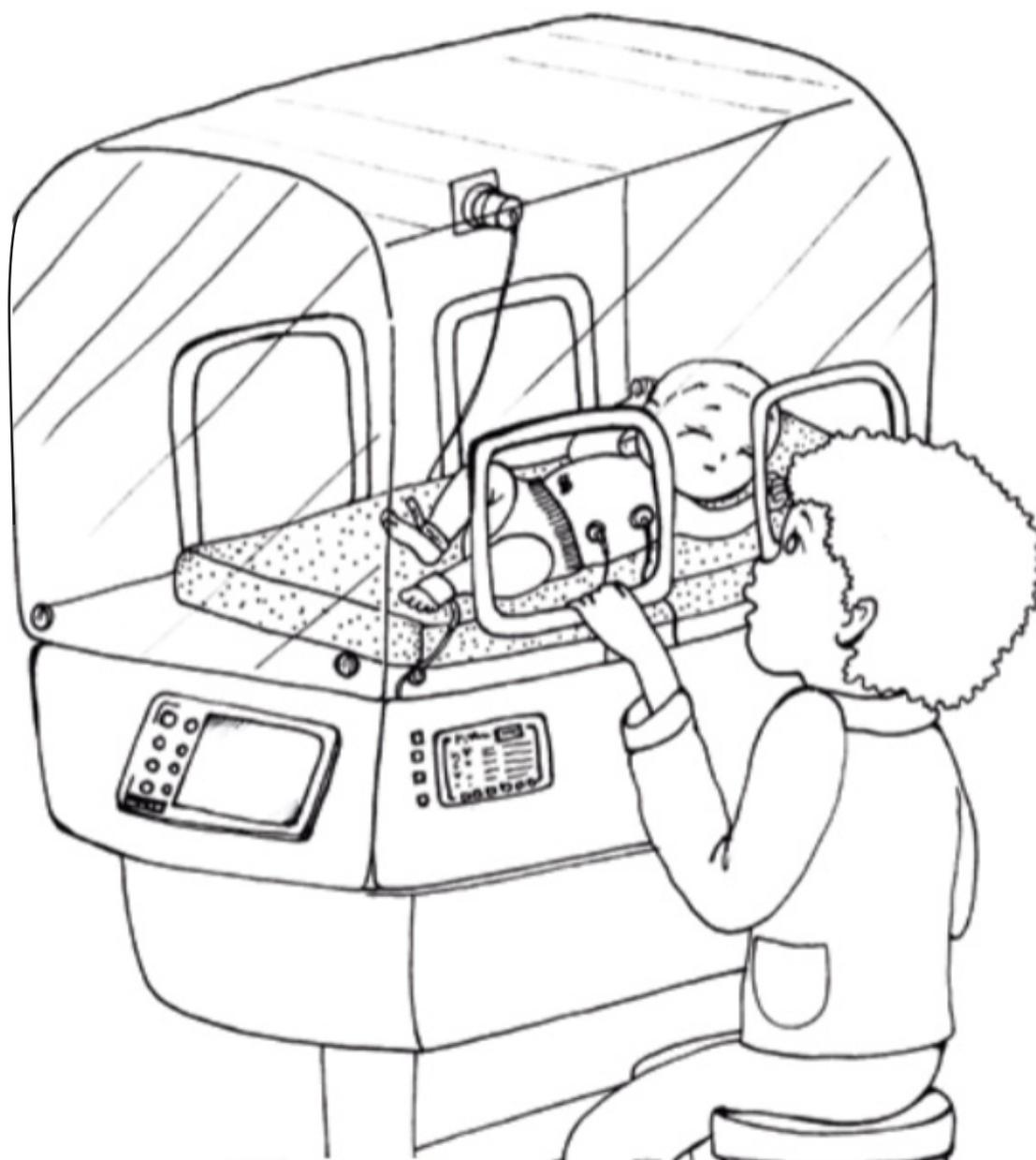
play

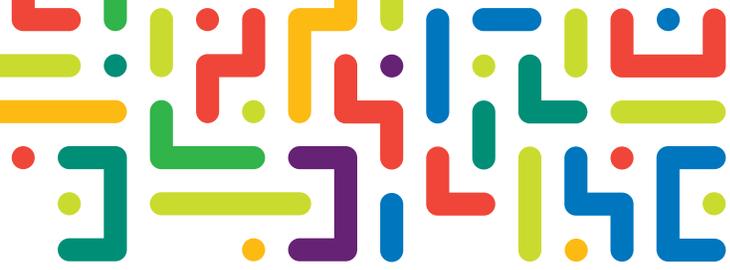
What are other ways your caregiver can make you feel better while baby is in the NICU?



*What do you think this sibling  
is **THINKING**?*

Color the picture and talk to a caregiver.



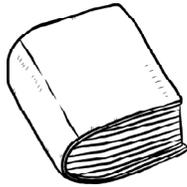


# Coupon **BOOK**

Give these coupons to your caregiver to spend some extra time with them.

## COUPON

Good for  
30 minutes  
of reading.



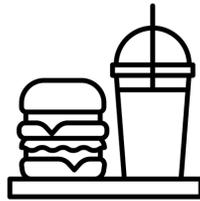
## COUPON

Good for a  
movie night.



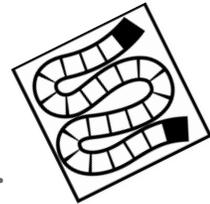
## COUPON

Good for a  
lunch date.



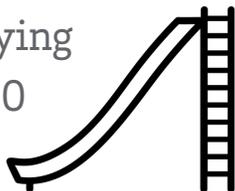
## COUPON

Good for 30  
minutes of  
playing a game.



## COUPON

Good for playing  
outside for 30  
minutes.

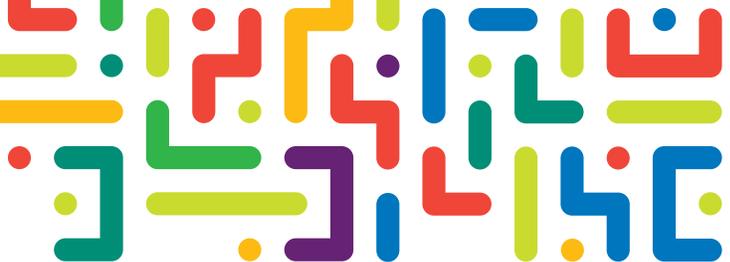


## COUPON

Good for an ice  
cream date.



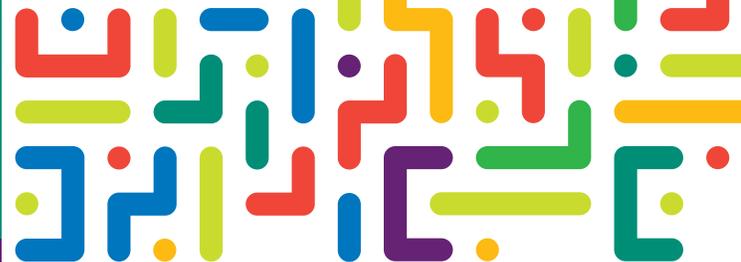




## *All About* **FUN**

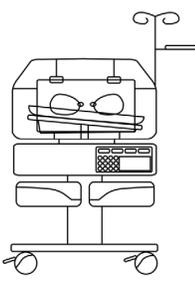
5

*There is so much to learn when your baby is in the NICU, but it is important to have fun, too! Use the fun activities in this section to show what you know!*



# Picture PUZZLE

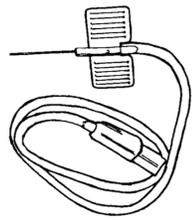
Circle the word that matches the picture.



- isolette
- vitals monitor
- nasal cannula



- tubing
- nasal cannula
- NG tube



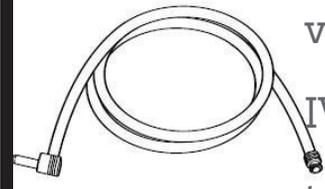
- blood pressure cuff
- IV
- tubing



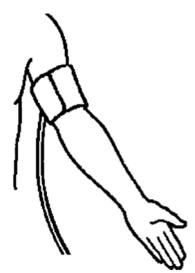
- IV
- isolette
- pulse oximeter



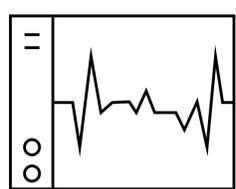
- tubing
- NG tube
- nasal cannula



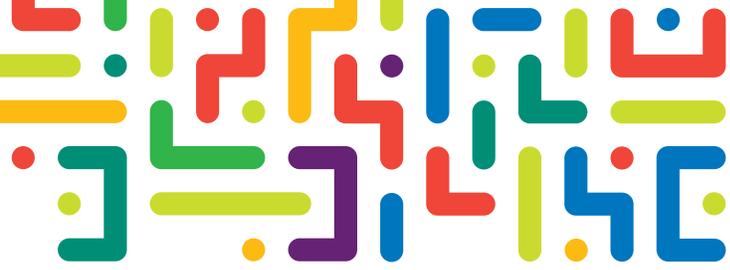
- vitals monitor
- IV
- tubing



- blood pressure cuff
- pulse oximeter
- NG tube

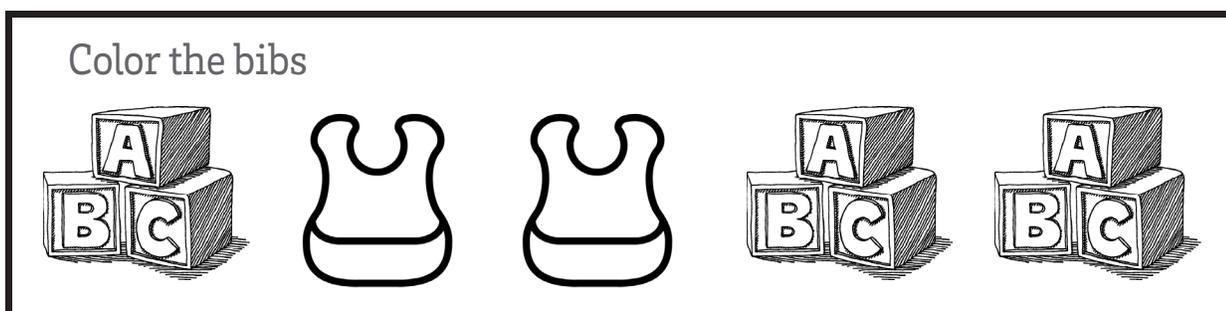
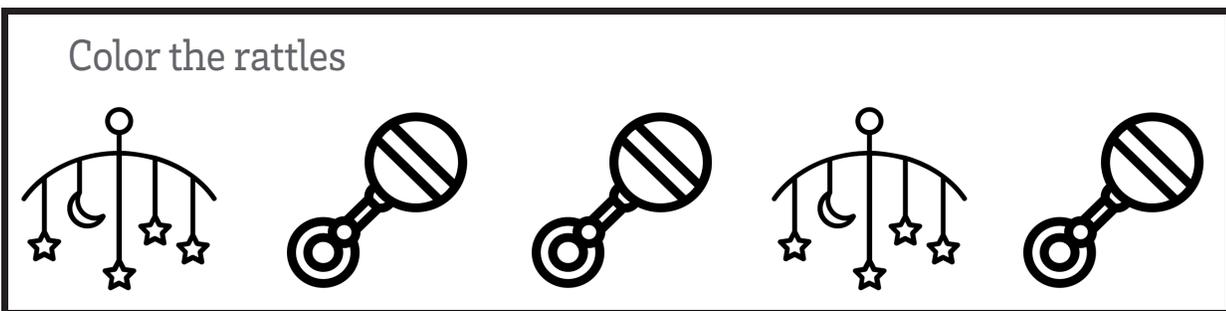
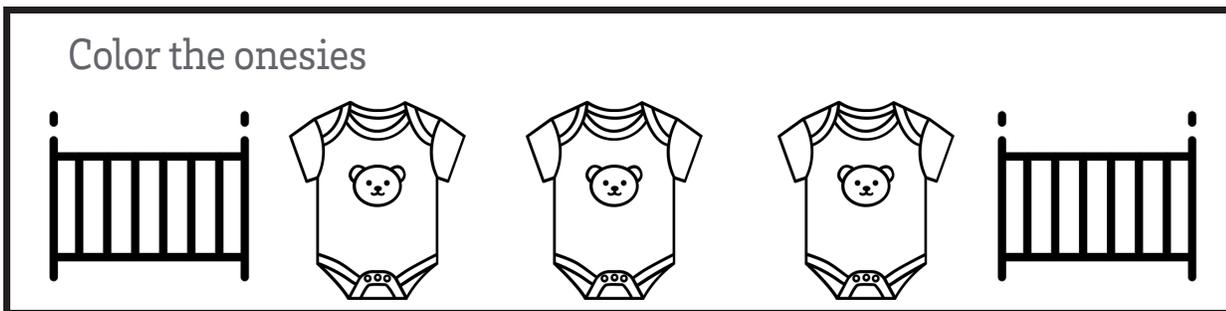


- vitals monitor
- pulse oximeter
- isolette



# Color **BABY'S** Things

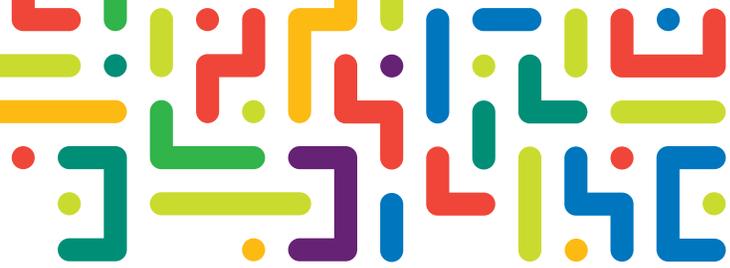
Follow the instructions in each box.





*Find your way to the baby in  
the **NICU***

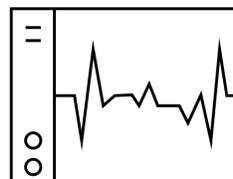
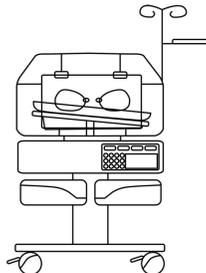
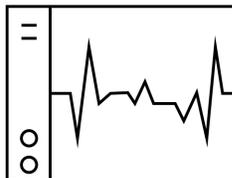
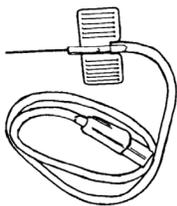
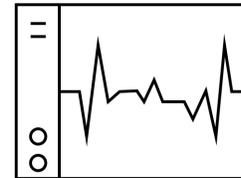
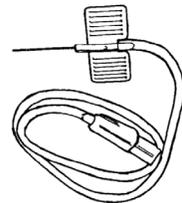
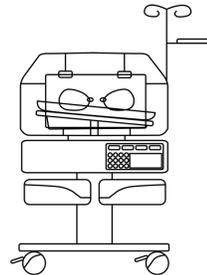
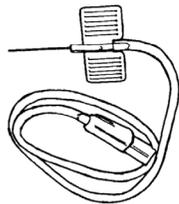
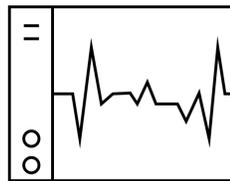
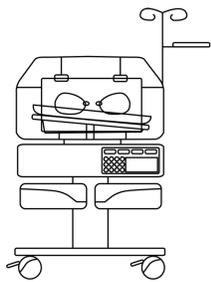


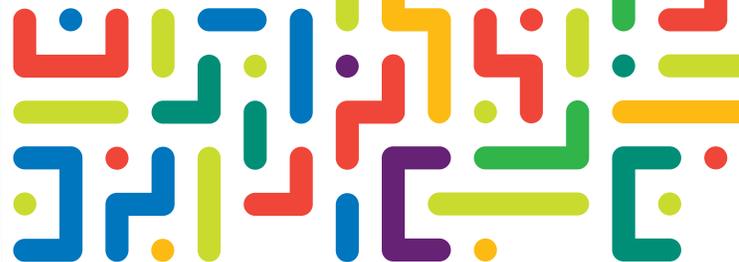


# *In the NICU I spy ...*

Use the guide to color the NICU equipment.

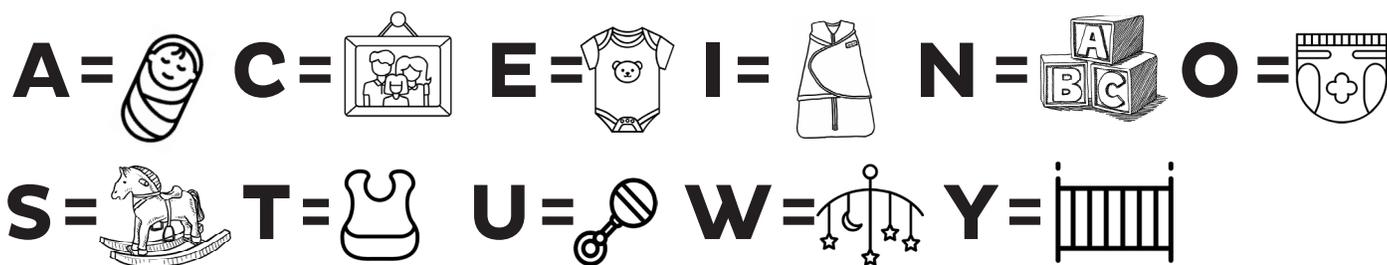
-  IV
-  nasal cannula
-  NG tube
-  vitals monitor
-  pulse oximeter
-  isolette



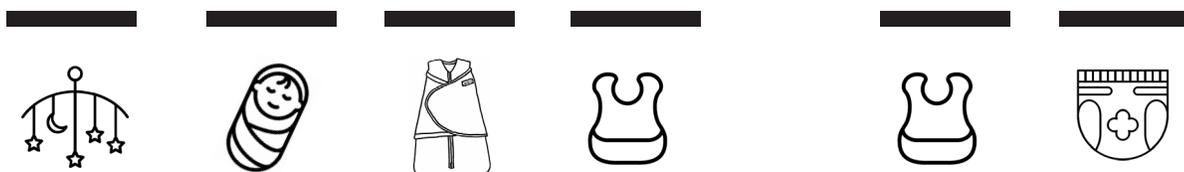
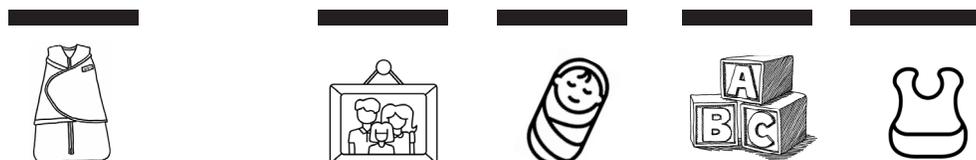


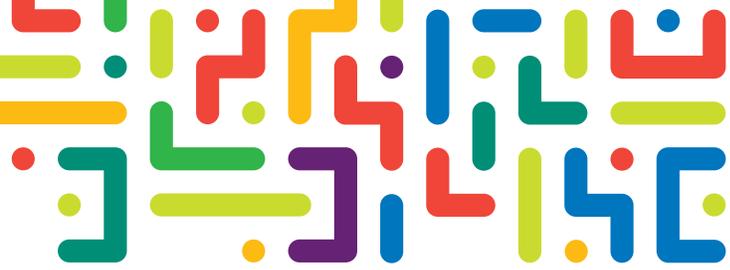
# Secret message from the NICU

Use the key to solve the message.



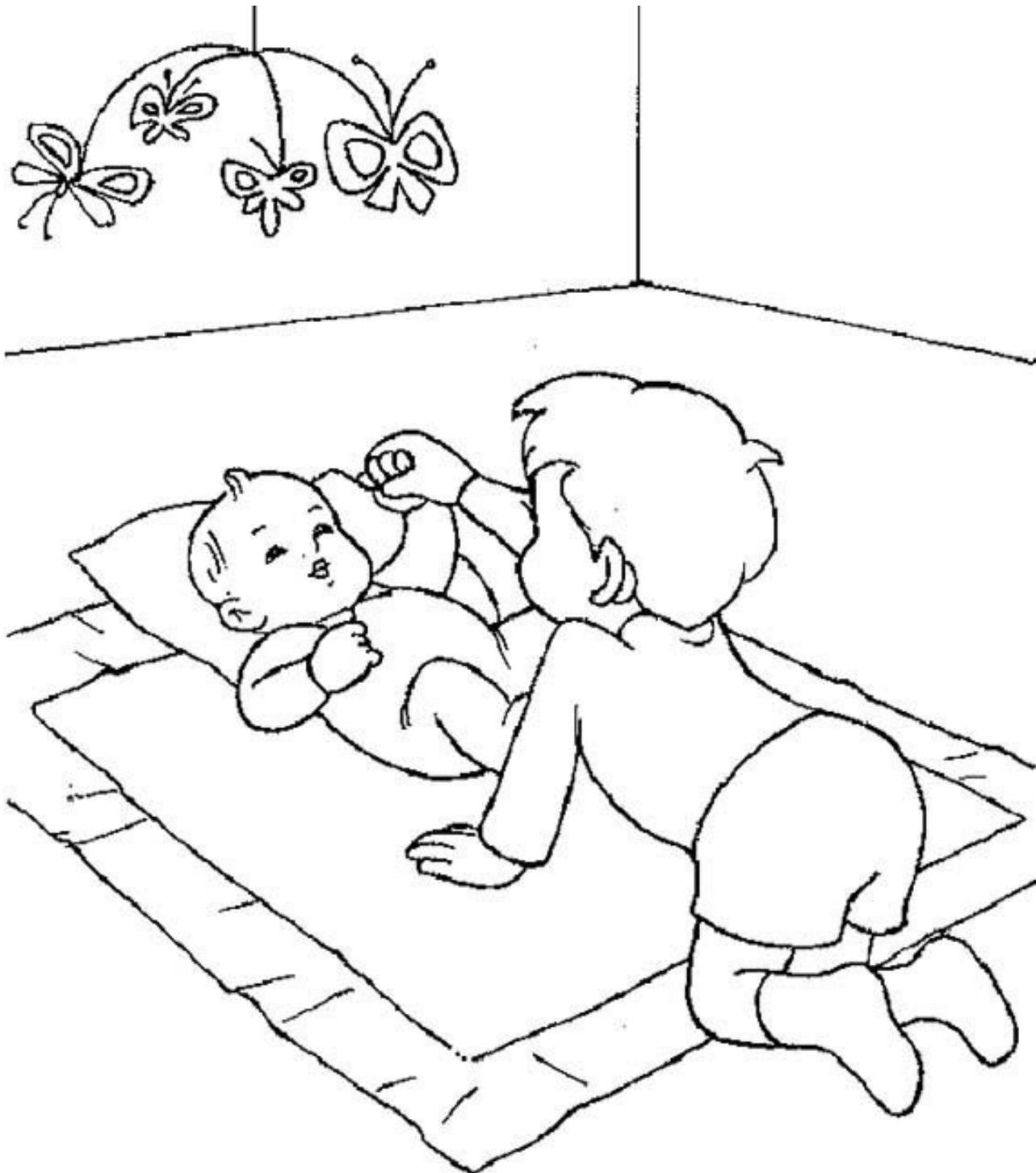
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# *Color* the **PICTURE**

Playtime with baby



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All About Baby's Hospital Stay™ 2018

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Department of Human Development  
and Family Science

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