

## “My Gift”

I am a stranger to you now but let me walk with you for a while.

Because I have been where you are, and where you are about to go.

I have no answers. I offer instead my hand, my heart, my listening ear, my time, and my experience...so that one day you can turn to another and say:

*I am a stranger to you now but let me walk with you for a while.*

*Because I have been where you are, and where you are about to go.*

*I have no answers. I offer instead my hand, my heart, my listening ear, my time, and my experience...*



## How to Reach Us

You can choose to meet a Parent-to-Parent Support volunteer at any time, whether it's “day one” or down the road. We encourage you to reach out to us whenever we can help.

- Speak with the social worker, charge nurse or your baby's nurse and let them know that you are interested in receiving this type of support.
- We will ask you to provide some information and to sign a request form
- The volunteer parent will call or e-mail you and arrange future contacts

## Parent-to-Parent Support

### Neonatal Intensive Care Unit

**We've been there, too.**

**We understand**



Hackensack  
Meridian Health  
Joseph M. Sanzari  
Children's Hospital

## Who We Are

Parent-to-Parent Support is a group of volunteer parents sponsored by the Neonatal Intensive Care Unit (NICU) at Hackensack University Medical Center. We are parents who care. Each of us has stood where you are today. Our goal



Parent-to-Parent Support

is to make this experience a little easier. Together with the entire staff of the NICU we offer a circle of caring for you, your family and baby.

**\*\* Please note that a Parent-to-Parent volunteer is NOT a resource for medical advice as we are not qualified health providers. Every baby's situation is different. For medical information speak with your baby's nurse or the neonatologist**

## Parent-to-Parent volunteers are parents who:

- Have had an infant who needed care in the NICU
- Understand that for many families, this is an unexpected and very emotional experience
- Have felt very much alone and confused by the feelings and reactions that occur
- Have been overwhelmed by the medical terminology, equipment and surroundings
- Remember the caring of others who reached out to express concern and understanding
- We are glad someone knew firsthand how much we needed and wanted to talk about our infants
- Have received education in understanding the unique needs of NICU families

## What We Do

While there are many ways to cope, we have found that knowing and sharing are powerful. We are pleased to offer you the opportunity to:

- Talk with us about how you are feeling and coping, we are good listeners
- Learn about common concerns and feelings many families face during their NICU experience
- Meet and get to know other parents who understand your experience, can share resources and will offer support for as long as you need it

## Caring Without Cost

Parent-to-Parent Support Program is free. The program developed out of our own experiences and because we sincerely care about your family's journey. Hackensack University Medical Center NICU offers this program to you as a part of our commitment to meeting the needs of families whose infants are receiving care in the NICU.