

# Understanding the NICU

**What Parents of Preemies and Other  
Hospitalized Newborns Need to Know**

Features  
family stories  
and guidance



Jeanette Zaichkin, RN, MN, NNP-BC, Editor in Chief

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*"An articulate, sensitive, empathetic, and very accurate book that will help pave the way for parents as they and their newborn find themselves living in the NICU for weeks and often even months."*

*John Kotwinski, MD, FAAP*

*Sarah M. Wilson, MSN, NNP-BC*

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*The American Academy of Pediatrics and*

## **Understanding the NICU: What Parents of Preemies and other Hospitalized Newborns Need to Know**



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Most parents usually do not be prepared to begin life with their newborn in the neonatal intensive care unit (NICU).#149; Scanning this book and learning about what happens in the NICU will help you gain confidence and feel more reassured about your baby's care in the NICU -- and in the home. It will provide important information about how to care for your baby after you leave a healthcare facility and head home with your little one. Contained in the book are inspirational tales from parents who've had their own NICU experiences, bringing hope and comfort and ease to additional parents with an infant who's hospitalized. Understanding the NICU provides you with everything you require to know about& Birth defects and surgery&#149; Feeding your baby& Common medical problems for infants in the NICU&#149; Special medical issues for premature infants& Common NICU gear and tests& Who's who in the NICU and how exactly to use the team&#149; Mother-baby factors: effects on newborn wellness&#149;#149;#149; Parenting in the NICU&#149;#149;#149; Heading home from the NICU&#149; Home at last& They often times feel lost and powerless amidst this new world of medical vocabulary, technology, and numerous healthcare suppliers. Caring for your child in the 1st year Intensive care is demanding by nature and overwhelming at times. Understanding the NICU can guide you through your NICU journey, help you communicate with associates of the NICU team, and learn about your baby's state so that you can ask questions and take part as a very important partner in your baby's care.



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The information might help healthcare companies explain techniques and disease procedures to new parents in nonmedical way. Has personal tales in it This is actually a good book. Has personal stories in it. love this book Parents in the NICU that work in, love this reserve.This is actually a good book. Enjoy it.. Superb book that covers the medical and psychological trip of NICU life.I would highly recommend it to any NICU parent and other people supporting a NICU parent. Great for a fresh NICU nurse. Very hopeful, but also communicates truth. Thankful to the authors, parents and publishers for this book My son was born at 30 weeks, 6 days and we are on day 45 of his NICU stay. Of all the premie books I've examine so far, this one was the most useful. The mother or father accounts of children who have been born earlier, later and at the same age as my son were extremely comforting. A few of the tales were so familiar - unforeseen early hospital admittance, cataloguing new developments being unsure of what they designed, learning the ecosystem of the NICU. Furthermore, I enjoyed the book's format - informative and not shying from technical descriptions, however in brief, digestible blocks. I don't know if I would have had the opportunity to take it all in at the beginning of our NICU stay, but as a mother or father with a longer stint it was perfect for me to go through at this point in the process.. Exceptional book that covers the medical and emotional journey of . Phenomenal book - apparent, relatable, not heavy Having a 24 weeker in the NICU this book offers proven to be invaluable!It is clear, accurate without being terribly overwhelming, and very relatable with personal accounts. I get this one for any friends who expect a NICU stay or who property there unexpectedly. I desire I got it when my very own son was there.



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