



Children's Hospital Colorado
Here, it's different.™



The NICU Wellness Team: Supporting You in the Neonatal Intensive Care Unit

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At Children's Hospital Colorado's neonatal intensive care unit (NICU), we are committed to supporting patients and families in navigating medical stressors and fostering overall wellness. We recognize the impact that the NICU experience can have on your child and your family, and we strive to decrease the burden of this impact with personalized, team-based care plans and resources to help you thrive during a NICU admission.

Social work

Social workers help NICU families cope with and adjust to social, financial and psychological needs associated with their child's illness, lengthy hospitalization and transitions at discharge. Our social workers also provide:

- Caregiver emotional support
- Psychosocial assessment
- Support around new diagnoses and adjustment to illness
- Identification of family strengths and vulnerabilities
- Connection to financial and community resources
- Support for parenting or custody concerns
- Crisis intervention

Child life

Child life specialists utilize therapeutic play, age-appropriate education and coping techniques to help NICU patients and their families. These strategies help with adjusting to and coping with the hospital or clinic setting, chronic illness and the treatments involved. Our child life services include:

- Diagnosis and visit preparation for siblings
- Medical, recreational and therapeutic play to promote normalization and coping
- Activities that promote bonding between families and their baby
- Opportunities for play and stimulation to promote babies' development
- Memory making and milestone celebrations



Spiritual care

Chaplains are available to provide support to all NICU patients and families regardless of their religious beliefs. Chaplains are available to:

- Talk with you about the meaning of illness, explore sources of healing and hope
- Provide support when you feel alone, afraid or discouraged during your time at the hospital
- Explore your sense of God's presence or absence
- Listen
- Pray
- Create and/or facilitate rituals, such as baptisms, blessings, etc.
- Contact a leader from your own faith tradition, if desired

You may also meet:

- Family health navigators
- Music therapists
- Volunteers

Our NICU Wellness Team members will meet with you individually. We also host monthly gatherings for parents, caregivers and siblings that provide opportunities to build community and promote positive coping through a variety of activities.