



# NICU Support

## CONTINUING CARE SERVICES

Your Kaiser Team cares about you and your new baby! We know that these are uncertain times, and we are all concerned for the health of our loved ones. Ask your provider about the steps we have taken to protect you and your baby during upcoming outpatient well-baby checks.

***Though not all our classes and support groups are currently running, information is included below for you to contact the group you are interested in to find out if they have resumed in-person meetings or have a video/virtual/telephonic option available. Outpatient Psychiatry is still providing therapy, call 1-877-496-0450 to book a telephone or video counseling session.***

Read on for ways to get more support and assistance via online support groups, readings, pod casts and apps.

***The information below is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.***

### **NICU Online Resources** (\*Resources that have a free Podcast available to download)

#### Bliss

*The leading UK charity for babies born premature or sick. They provide education and support services for NICU families.*

*<https://www.bliss.org.uk/>*

#### Dear NICU Mama\*

*Dear NICU Mama is a non-profit designed to connect, encourage, and create community with past and present NICU moms.*

*<https://www.dearnicumama.com/>*

#### Graham's Foundation

*Resources, support, and education about the NICU experience as well as support and mentorship programs for NICU parents.*

*<https://grahamsfoundation.org/>*

<http://continuingcare-sandiego.kp.org>



## **NICU Online Resources (continued)**

### **Hand to Hold\***

*Peer-to-peer support and an online community for parents of preemies, babies born with special health care needs and those who have experienced a loss due to complications. Download the free app for compassionate one-on-one connection with NICU parents and Hand to Hold Family Support Specialists at any point in your unique journey.*

*<https://handtohold.org/>*

### **March of Dimes**

*Psychoeducation about the NICU experience as well as resources to assist families throughout their NICU journey with an online community.*

*<https://www.marchofdimes.org/index.aspx>*

### **Mighty Littles\***

*A site dedicated to telling stories about how our experiences shape us as parents, and how our kids continue to amaze us with their resilience. They provide resources and stories which help eliminate the fear of making mistakes while navigating the NICU experience.*

*<https://www.mightylittles.com/>*

### **Miracle Babies San Diego**

*Support groups, care packages, diaper distribution, and transportation for parents.*

*<https://www.miraclebabies.org/>*

### **NICU Healing**

*An online therapeutic resource for parents coping with a NICU experience.*

*<http://www.nicuhealing.com/>*

### **NICU Helping Hands**

*Providing support and education for NICU families. Offering services such as financial assistance, sibling support, and one-on-one mentor programs for parents.*

*<https://www.nicuhelpinghands.org/>*

### **NICU NOW\***

*A support-based podcast aimed to eliminate the many physical and emotional barriers NICU parents face in accessing and receiving support.*

### **Peek-a-boo ICU**

*Online forum for parents, and resources for parents and family members.*

*<http://www.peakabooicu.com/>*

### **Postpartum Depression**

*Latest up-to-date information and free resources for families in danger and at risk.*

*<https://www.postpartumdepression.org/>*

### **Postpartum Support International**

*Psychoeducation on perinatal mood disorders and resources for emotional support.*

*Online support groups available for current and former NICU parents.*

*<https://www.postpartum.net/>*

### **Potato Head Project**

*Spreading hope to families of micro-preemie babies. Allows parents to track the progress and transformation of their baby while in the NICU.*

*<https://www.thepotatoheadproject.org/>*

### **Preemie World**

*Guiding families through the terrifying rollercoaster of their NICU journey, and into recovery.*

*<https://preemieworld.com/>*

**NICU Online Resources (continued)**

Project Sweet Peas

*Resources and financial assistance for gas and food cards during your NICU stay.*  
<https://www.projectsweetpeas.com/>

Support 4 NICU Parents

*Peer support for parents and post NICU discharge support.*  
<http://support4nicuparents.org/>

Project NICU

*Dedicated to helping NICU families by providing them with access to support groups, resources, mentor programs and more!*  
<https://www.projectnicu.com/>

**Baby Care Basics Class & Infant CPR (KP) ..... 619-641-4194**

**Books for NICU Siblings, Families, and Parents**

*Reading is an excellent way to bond with your NICU baby and help siblings and family members understand the new events surrounding their lives. Age-appropriate books are an easy way to start conversations and navigate the intense emotions everyone may feel during their NICU journey.*

Books About Hospitalization of the Baby (*appropriate age group listed*)

Come Home Soon Baby Brother (coloring book) by Debi Larussi (1-6)

My Brother Needs an Operation by Anna Marie Jaworski (4-8)

Our New Baby Needs Special Help by Gail Klayman (4-8)

What About Me: When Brothers and Sisters Get Sick by Allan Peterkin (4-8)

When Molly Was in the Hospital: A Book for Brothers and Sisters of Hospitalized Children by Debbie Duncan (3-8)

Books about Premie Love (*appropriate age group listed*)

A Pocket Full of Kisses by Audrey Penn (3-8)

Evan Early by Rebecca Hogue Wojahn (4-8)

My Baby Sister is a Premie by Diana Amadeo (4-8)

My Brother is a Premie / My Sister is a Premie: A Children's Guide to the NICU Experience by Abraham R. Chuzzlewit (3-9)

No Bigger Than My Teddy Bear by Valerie Pankow (3-7)

Prince Premie: A Tale of a Tiny Puppy Who Arrives Early by Jewel Kats (4-8)

The Very Tiny Baby by Sylvie Kantorovitz (2-8)

Watching Bradley Grow: A Story About Premature Birth by Elizabeth Murphy-Melas (4-8)

Books for Parents

Life Will Never Be the Same: The Real Mom's Postpartum Survival Guide by Dr. Ann Dunnewold and Dr. Diane Sanford

Now Discover Your Strengths by Donald O. Clifton and Marcus Buckingham

The Pregnancy and Postpartum Anxiety Workbook by Pamela S. Wiegartz and Kevin L. Gyoerkoe

The Relaxation and Stress Reduction Workbook by Davis, Eshelman and McKay

What Color Is Your Parachute by Richard Nelson Bolles

**Breast Feeding**

Outpatient Lactation (KP) ..... 866-940-2218

La Leche League ..... 800-525-3243

Mothers' Milk Bank ..... 877-375-6645

*Making breast milk available to as many families as possible.*

<https://mothersmilk.org/>

## **Breast Feeding (continued)**

- Weekly Breast-Feeding Support Group (KP) ..... 866-940-2218  
Black Mother's Breast-Feeding Association ..... 800-313-6141  
*Provides foundational network of support and strengthens systems to overcome historical, societal, and social barriers to breastfeeding success for black families.*  
*<http://blackmothersbreastfeeding.org/>*

## **Crisis Resources**

- 9-1-1 ..... 911  
Crisis Text Line: text 741741 ..... <https://www.crisistextline.org/>  
KP Emergency Psychiatric Services - Crisis Team  
(KP Emergency Department) ..... 619-528-5151  
KP Behavioral Health Care Member Help Line  
Available 24 hours a day, 365 days a year ..... 800-900-3277  
San Diego ACCESS and Crisis Line (24 hrs) ..... 888-724-7240

## **Emotional Wellness, Meditation and Self-Compassion Tools – self-care at your fingertips.**

### Free Apps

Breathe2Relax

Calm (KP members click the link below to sign up for free for 1 year)

*<https://healthy.kaiserpermanente.org/southern-california/health-wellness/mental-health/tools-sources/digital>*

Miracle Babies App

My Strength (KP members click the link below to sign up for free for 1 year)

*<https://healthy.kaiserpermanente.org/southern-california/health-wellness/mental-health/tools-resources/digital>*

### Websites

[www.Calm.com](http://www.Calm.com)

[www.OneMomentMeditation.com](http://www.OneMomentMeditation.com)

[www.UCLAhealth.org/marc](http://www.UCLAhealth.org/marc)

[www.headspace.com](http://www.headspace.com)

[www.fragrantheart.com/cms/free-audio-meditations](http://www.fragrantheart.com/cms/free-audio-meditations)

Dr. Kristin Neff – <https://self-compassion.org/category/exercises/>

Dr. Tara Brach's – <https://www.tarabrach.com/guided-meditations/>

### Health and Wellness (KP)

*<https://healthy.kaiserpermanente.org/southern-california/health-wellness/mental-health/tools-resources/digital>*

### UCSD Center for Mindfulness – some available in Spanish

*<http://health.ucsd.edu/specialties/mindfulness/resources/pages/default.aspx>*

*<https://www.uclahealth.org/marc/mindful-meditations>*

## **Helpful Community Resources**

- 2-1-1 San Diego ..... dial 211 or ..... 800-227-0997  
24/7 stigma-free confidential phone service with an online database  
*<https://211sandiego.org/>*  
Birthline of San Diego County  
Resources and Supplies (including diapers)  
3660 Clairemont Drive, Suite 4, SD 92117 ..... 858-270-2491  
1220 Third Avenue, Suite 1, CV 91911 ..... 619-425-5012  
Medi-Cal: 866-262-9881, [www.benefitscalwin.org](http://www.benefitscalwin.org)  
WIC: 800-500-6411

**Mindful Mamas** (KP class, call to enroll) ..... 858-573-0090  
*A four-session program that teaches mindfulness techniques including skills that will help you slow down, breathe, and be present to enjoy your pregnancy and children.*  
*Viewridge Medical Office: 5251 Viewridge Ct, 92123; Integrate Room 1st floor*

**Outpatient Psychiatry (KP)**

Appointment Line ..... 877-496-0450  
    Bostonia: 1620 East Main St., El Cajon CA 92021  
    Otay Mesa: 4650 Palm Ave., San Diego, CA 92154  
    Point Loma: 3420 Kenyon St., San Diego, CA 92110  
    Vista: 780 Shadowridge Dr., Vista, CA 92083

**Podcasts** (*check your app store for a free app to download*)

Dear NICU Mama  
*A bi-weekly podcast that exist to connect the past and the present NICU moms by sharing stories of remarkable strength.*

Hand to Hold- Beyond the NICU  
*This podcast is dedicated to the family's journey after the NICU stay. Designed as a means of support and a reminder that you're not alone, wherever you are in your NICU journey.*

Hand to Hold- Dad Discussions  
*A podcast produced exclusively for NICU dads who share their stories and hopefully let other NICU dads out there know they are not alone.*

Hand to Hold- Love and Loss  
*Designed to support bereaved families on the difficult journey after losing a child.*

Mighty Littles  
*A Neonatologist talks about life in the NICU with parents, authors, and others. If you or someone you know is in the NICU, here are stories of others who have been through it too.*

NICU NOW  
*A support-based podcast aimed to eliminate the many physical and emotional barriers NICU parents face in accessing and receiving support.*

**Post-Partum Depression Resources**

Maternal Wellness: Perinatal and Postpartum Support Groups (KP) .....619-641-4456  
    Infants under the age of 1 are welcome to accompany their moms  
    Viewridge Kaiser Permanente: 5251 Viewridge Court, San Diego, CA 92123  
    San Marcos Kaiser Permanente: 400 Craven Road, San Marcos, CA 92078

Post-Partum Health Alliance ..... 619-254-0023  
*www.postpartumhealthalliance.org*

Post-Partum Support International .....800-944-4773  
    Or Text 503-894-9453 (English) or 971-420-0294 (Spanish)  
    *http://www.postpartum.net*

**Resources for Fathers**

    Boot Camp for New Dads – *https://www.bootcampfornewdads.org/*  
    Postpartum Dads – *www.postpartumdads.org*  
    Postpartum Men – *www.postpartummen.com*  
    Postpartum Resources for Fathers – *https://www.postpartum.net/get-help/help-for-dads/*

## Steps to Apply for CA State Disability Insurance (SDI)

1. Apply online at [www.edd.ca.gov](http://www.edd.ca.gov)
2. Receive receipt number (RI number) upon completion of online application.
3. Call Kaiser Disability Claims at (619) 583-4293 or e-mail receipt number to [SDROIU@kp.org](mailto:SDROIU@kp.org)
4. Check for messages on your SDI online account.
5. Keep SDI online account information up to date (address, phone, etc...)
6. State checks are issued as a debit card. This debit card is good for all future disability claims. Do not discard.
7. For questions, contact:  
Kaiser Disability office at (619) 583-4293 or [SDROIU@kp.org](mailto:SDROIU@kp.org)  
State Disability office at (800) 480-3287

## Transportation & Financial Assistance for NICU Families

*Please request to speak with the NICU Social Worker to receive an application or more information on the resources below*

- Caiden's Hope ..... <https://www.caidenshope.org/>  
Because parental care is essential to the development of premature infants.
- Conner's Cause for Children ..... <https://www.connerscause.org/>  
Conner's Cause for Children partners with the community to ensure families have access to resources to ease the economic burdens associated with the care of a critically ill child.
- Miracle Babies Transportation (San Diego County)  
..... <https://www.miraclebabies.org/programs/transportation/>  
Miracle Babies transportation offsets the costs of getting to and from the hospital. Miracle Babies aims to improve the health of hospitalized babies through the promotion of breastfeeding and kangaroo care.
- Mitchel Thorp Foundation .... <https://www.mitchellthorp.org/family-assistance-guidelines.html>  
If your child has been diagnosed with a life-threatening illness, Mitchell Thorp Foundation can help guide you through the maze of paperwork, provide emotional support, advocate on your behalf, and give you the tools and encouragement to cope with the demands of dealing with your child's and your family's needs.
- NICU Helping Hands ... <https://nicuhelpinghands.org/programs/family-assistance-program/>  
If you are a current NICU family experiencing financial difficulty NICU Helping Hands may be able to assist you through our gift card program. They help with grocery, restaurant, and gas expenses. You can submit your application on their website.
- Project Sweet Peas ..... <https://www.projectsweetpeas.com/financialassistance.html>  
A NICU stay can be financially challenging for families. Project Sweet Peas understands this need and provides \$100 awards to families across the United States to help offset meal and travel costs. You can submit your application on their website.
- Rest Haven Children's Health Fund ..... <https://resthavenchf.org/>  
Rest Haven provides financial support for the health-related needs of individual children where there is no other funding source, public or private, and the parents can't afford it. They help a variety of financial needs. Please request the NICU Social Worker to receive application for the program.

**Yoga for Expecting and New Moms (KP)** ..... 858-616-5600  
*\$100 for an 8-class package, which can be used both before and after delivery.*  
*Kaiser Permanente Positive Choice Integrative Wellness Center located at:*  
*5893 Copley Drive, San Diego, CA 92111*

*For corrections or additions to this handout, please call (619) 641-4456*