



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

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/>

Hand to Hold

Peer-to-peer support, online community, blog, and podcast to parents of preemies, babies born with special health care needs and those who have experienced a loss due to these or other complications.

<https://handtohold.org/>

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



NICU Online Resources (continued)

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/>

Peek-a-boo ICU

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

<http://www.peekabooicu.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/>

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/>

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 for NICU Siblings, Families, and Parents *(continued)*

Books About Hospitalization of the Baby

- Come Home Soon Baby Brother (coloring book) by Debi Iarussi (ages 1-6)
- My Brother Needs an Operation by Anna Marie Jaworski (ages 4-8)
- Our New Baby Needs Special Help by Gail Klayman (ages 4-8)
- What About Me: When Brothers and Sisters Get Sick by Allan Peterkin (ages 4-8)
- When Molly Was in the Hospital: A Book for Brothers and Sisters of Hospitalized Children by Debbie Duncan (ages 3-8)

Books about Premie Love

- A Pocket Full of Kisses by Audrey Penn (ages 3-8)
- Evan Early by Rebecca Hogue Wojahn (ages 4-8)
- My Baby Sister is a Premie by Diana Amadeo (ages 4-8)
- My Brother is a Premie / My Sister is a Premie: A Children's Guide to the NICU Experience by Abraham R. Chuzzlewit (ages 3-9)
- No Bigger Than My Teddy Bear by Valerie Pankow (ages 3-7)
- Prince Premie: A Tale of a Tiny Puppy Who Arrives Early by Jewel Kats (ages 4-8)
- The Very Tiny Baby by Sylvie Kantorovitz (ages 2-8)
- Watching Bradley Grow: A Story About Premature Birth by Elizabeth Murphy-Melas (ages 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/>
- Weekly Breast-Feeding Support Group (KP) 866-940-2218

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. Everyone needs support for total health — mind, body, and spirit.

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>

Emotional Wellness, Meditation and Self-Compassion Tools *(continued)*

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

www.OneMomentMeditation.com

www.UCLAhealth.org/marc

www.headspace.com

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 Diegodial 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

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)*

Bliss- NICU SCBU and You

Providing information and support on different topics for parents and families experiencing neonatal care from the leading UK charity for babies born premature or sick.

Dear NICU Mama

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

Podcasts (continued)

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 International800-944-4773

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/resources-for-fathers/>

Steps to Apply for CA State Disability Insurance (SDI)

1. Apply online at www.edd.ca.gov
2. Receive receipt number (RI number) upon completion of online application.
3. Call Kaiser Disability Claims at (619) 528-5280 or e-mail receipt number to 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) 528-5280 or SDROIU@kp.org
State Disability office at (800) 480-3287

Yoga for Expecting and New Moms (KP) 858-573-0090

\$100 for an 8-class package, which can be used both before and after delivery.

*Kaiser Permanente Positive Choice Integrative Wellness Center located at:
7035 Convoy Court, San Diego, CA 92111*

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