

Dads in the NICU: Taking Care of Yourself and Seeking Support

While you are busy taking care of everyone else, don't forget to take care of yourself.

1

Do things that make you feel like a dad. Hold your baby skin-to-skin, change diapers, participate in feeding, and read to your baby.

2

Make self-care a priority. It looks different for everyone, so make time for the things that help you feel human and allow you to connect with yourself, even if it's only for a few minutes each day.

3

Let work know what you are going through. Coworkers can be a great support, and NICU dads are often surprised by the supportive gestures of coworkers.

4

Join a support group. Oftentimes, NICUs have parent groups, which allow dads to connect with others going through similar experiences.

5

Let friends and neighbors help take care of life's little tasks. Ask a neighbor to collect your mail, or a trusted friend to walk your dog.

6

Seek out couples or individual therapy. Many NICU dads experience changes in their mood. Attending to your wellbeing will help you manage stress during the NICU stay.

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Generously supported by

Tikun Olam Foundation of the
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