

Supporting Dads in the NICU: Tips for Friends and Family

When a baby is in NICU, their dad often has to juggle multiple responsibilities. Dads may still be managing professional duties along with housework, meal prep, and caring for other children in the home. Alleviating these stressors is one of the most helpful things friends and family can do for NICU families. Most importantly, let them know you are here to help.

1

Offer to pick up older kids from school and watch them for a few hours.

2

Start a meal train with a group of coworkers or friends to ensure the family has a hot meal each evening.

3

Take the dog on an afternoon walk so that dad can enjoy an extended visit with the baby.

4

Make a to-go cup of coffee and bring it to him on his way out the door.

5

Change that front light that has burned out, water the plants, collect the mail, or roll the trashcans to (and from) the curb.

6

Create a contact list and offer to send regular updates to dad's support network.

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