

Tips for Grandparents supporting parents with a baby in the NICU



Your precious grandchild has arrived and requires special care in a neonatal unit. Of course you're worried for the baby's health, but you're also concerned for the parents and how they'll cope with the journey ahead of them. It's natural to want to ease your child's pain and anxiety but it's your ongoing love and support that will make the most difference.

Here are some ideas for how you can express that love and support in a way that will benefit the parents.

PRACTICAL SUPPORT MIGHT INCLUDE...

- Acknowledging the baby's birth – sending flowers or gifting a diary to record milestones.
- Offering to notify people of the baby's birth and passing on other information and updates.
- Offering to drive parents to and from the hospital and providing meals or snacks.
- Spending quality time with any siblings – this can help them feel as important as the baby.
- Visiting your grandchild when the parents aren't able with the parents' consent.
- Keeping in regular contact if you live far away.
- Up-dating your whooping cough vaccine before visiting the baby and staying away if unwell.

EMOTIONAL SUPPORT MIGHT INCLUDE...

- Complimenting the baby at each visit – focusing on family resemblances and their fighting spirit.
- Telling the parents what a good job they're doing and how you admire their strength, dedication and parenting skills.
- Listening to the parents' fears and concerns.
- Reassuring the parents – it's common for them to feel guilty or responsible for their baby's condition.
- Avoiding being critical of your grandchild's care in the hospital – babies in the neonatal unit are sometimes handled differently to full-term babies.

BE STRONG FOR YOUR CHILD

Above all, our best advice is to always be guided by the parents. Sometimes what you think is helpful may not be, so take the lead from them. Don't expect praise or thanks – your child might be in a state of shock or be too overwhelmed to even notice all your efforts.

Finally, recognise that you too may need support so seek help if required. It is likely your child won't have the emotional capacity to look after you. This is the time for you to be strong for your child.



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Top Tips for New Grandparents Louise Baty,2019-08-08 Becoming a grandparent is one of life's true joys but your new role comes with a lot to think about This handy book is packed with simple tips and advice from bonding with the little ones to supporting the new parents to guide you through those magical first steps with the newest members of your family *The Grandparents Handbook* Elizabeth Laban,2010-08-01 Dozens of Activities for Grandparents and Grandchildren Including Scavenger Hunts Fruit Cobblers Bath Time Fun Indoor Camping Backyard Olympics Yard Sales Books Creating a Family Newspaper Ice Cream Cakes Games Museum Trips Apple Crumb Pies Road Trips Hunting Four Leaf Clovers Gingerbread Houses Homemade Pickles Fuse Beads And much much more **Grandma's Wit and Wisdom** Richard Benson,2017-09-14 When there are sticky handprints on the sofa and you can't prise the darlings away from a screen reach into your handbag for this hilarious book crammed full of quips and quotes to remind you why being a grandma is one of the best jobs in the world *Grandad's Wit and Wisdom* Richard Benson,2017-09-14 When your roses have been trampled by little feet and the golf has been hijacked by children's TV reach for this hilarious book crammed full of quips and quotes to remind you why being a grandad is one of the best jobs in the world **Totally Cool Grandparenting** Leslie Linsley,1997-08-15 Offers advice humor and time tested tactics for making the most of grandparenting **Top Tips for Grandparents** Louise Baty,2020-07-07 Becoming a grandparent is one of life's true joys but your new role comes with a lot to think about This handy book is packed with simple tips and advice from bonding with the little ones to supporting the new parents to guide you through those magical first steps with the newest members of your family

The Modern Grandparent's Handbook Georgia Witkin,2012-01-03 Grandparents today are healthier more active and more youthful and young at heart than their predecessors Dr Georgia Witkin senior editor of Grandparents.com draws on her experience as a psychiatry professor therapist and grandparent to help readers be the best grandparent they can be They'll learn How to connect with their grandchild online and off How to contribute to their grandchild's emotional development and boost their IQ The secret hidden stresses of being a grandparent and how to deal with them The three things they should never say to their son or daughter in laws And more **Grandparenting ABCs** Eleanor Berman,1998-09-01 From babysitting schedules to dealing with stepchildren to long distance grandparenting this book covers everything that today's grandmas and grandpas need to know in a warm witty style that can help anyone feel relaxed and reassured in this new family role Written by a grandmother

who s authored fourteen previous books Grandparenting ABCs discusses the newest developments in pregnancy and childbirth makes suggestions for the most useful baby gifts and the best books music and toys for each stage of growth explores the emotions that may come with this important life passage and offers a road map through one of life s most joyful journeys letting grandparents pass on a legacy of love to the newest generation *Great Expectations: Baby's First Year* Sandy Jones,Marcie Jones Brennan,Michael Crocetti,2010-11-22 Expectant mothers snapped up Great Expectations Your All in One Resource for Pregnancy clear cut contemporary styling and sensitive drawings of babies as they develop month by month The text too continues that same friendly supportive parent to parent tone of the earlier book but now with dads playing an integral role Inside there s a plethora of information on the nuts and bolts of feeding diaper changing and immunizations as well as cutting edge research on baby intelligence and development nutrition and medical care and insights into the dynamics of the parenting process Checklists bulleted sidebars and quick reference tables speed up the process of finding needed information Unique tables in the extensive medical reference section will present the gamut of symptoms so parents will have help distinguishing between common baby ailments and more serious emergencies that may require immediate attention Includes a foreword by Dr Michael Crocetti Assistant Professor and Director of Clinical Pediatrics Johns Hopkins Bayview Medical Center and also an extended resource guide and parent s dictionary **Hints and Tips to Make Life Easier** Reader's Digest Association (Canada),1997 Hints & Tips to Make Life Easier ,1997 Offers more than four thousand tips on how to simplify life with sections on improving health managing money and sorting through legal hassles

Maternal Child Nursing Care - E-Book Shannon E. Perry,Marilyn J. Hockenberry,Deitra Leonard Lowdermilk,David Wilson,Kathryn Rhodes Alden,Kitty Cashion,2017-09-09 *Maternal Child Nursing Care E Book* Stuff Every Grandmother Should Know Joyce Eisenberg,Ellen Scolnic,2019-02-12 This pocket sized guide is the perfect gift for new and first time grandmothers Becoming a grandmother is one of life s biggest joys but that doesn t mean it s simple This handy gift book contains all the wisdom savvy and know how grandmothers and grandmothers to be will need to care for cherish and spoil your little ones from babyhood through the toddler years and beyond and gifting it is a great way to announce that you re expecting Topics include How to Pick Your Grandmother Nickname Baby Equipment Essentials How to Make Old School Cool Five Ways to Have Fun without Toys How to Read with Your Grandchild **The Pennsylvania Guide for Families** Pennsylvania. Governor (2001-2003 : Schweiker),2002 Be the Best Grandparent The Grandparents' Association,2010-09-24 Be the Best Grandparent Teach Yourself gives practical advice and plenty of suggestions for fun activities to do with your grandchildren whether you are far apart and see them infrequently or if you regularly see them It also offers support and help for grandparents with caring responsibilities or family conflicts which prevent them from contact Written on behalf of the UK s leading Grandparenting charity the book shows a new grandparent how they can support the growth of their grandchild with advice on behaviour and discipline and guidance on how to be involved and supportive

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