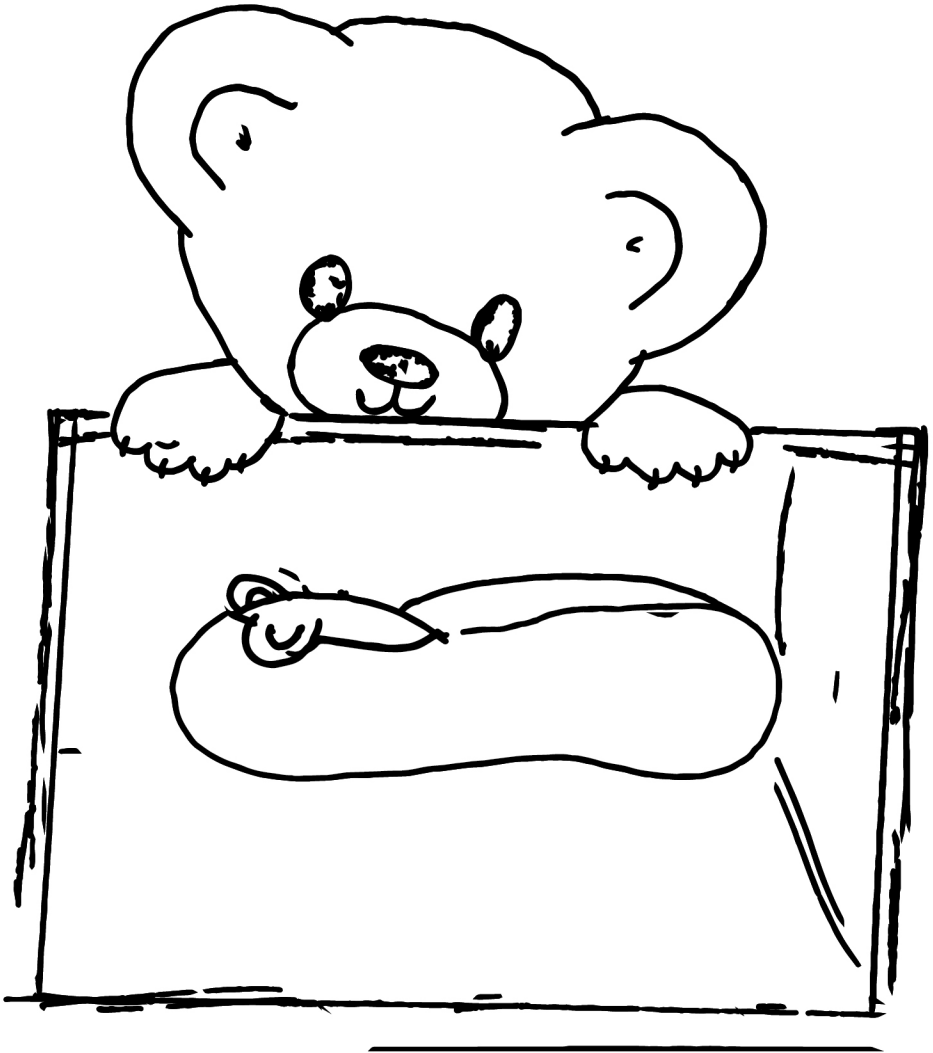


# My NICU Journey

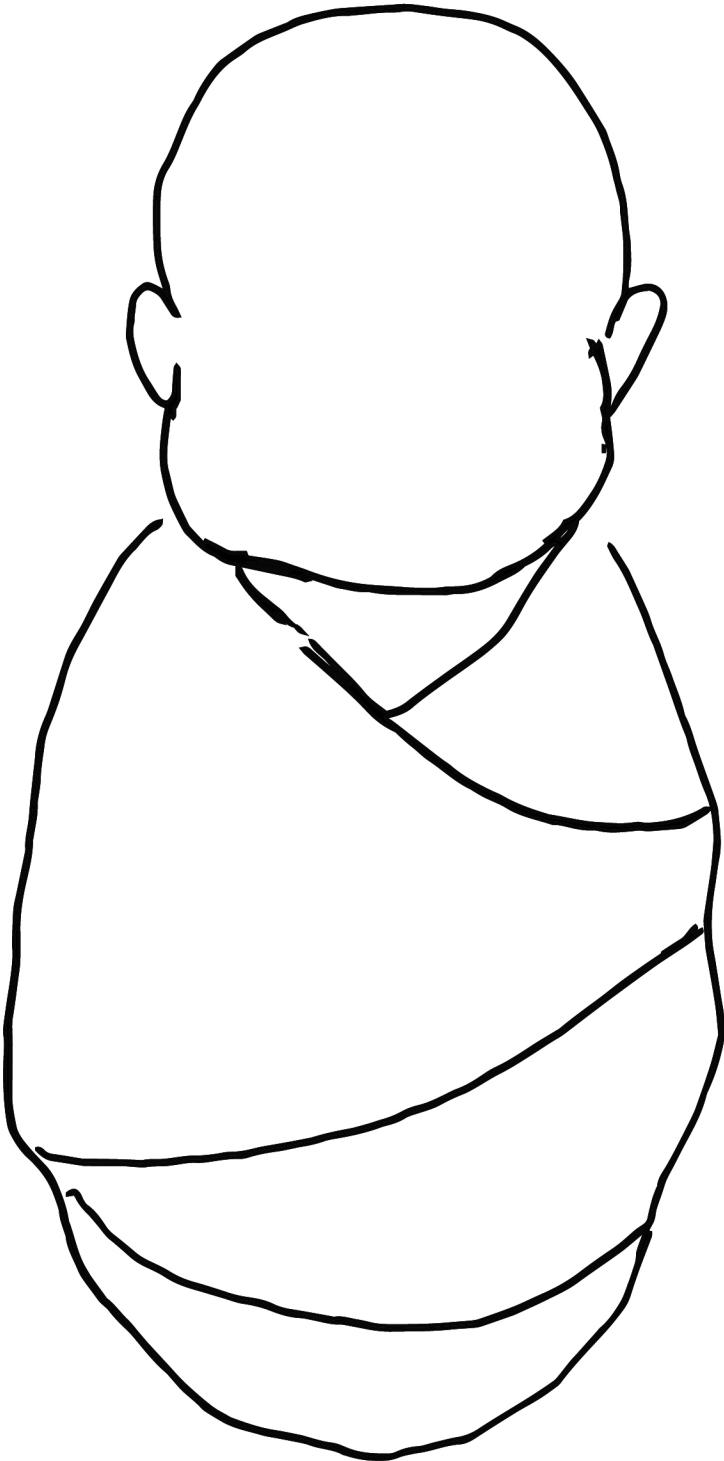
By Mary Fogarty



This is your  
baby sibling.

Baby is so beautiful!

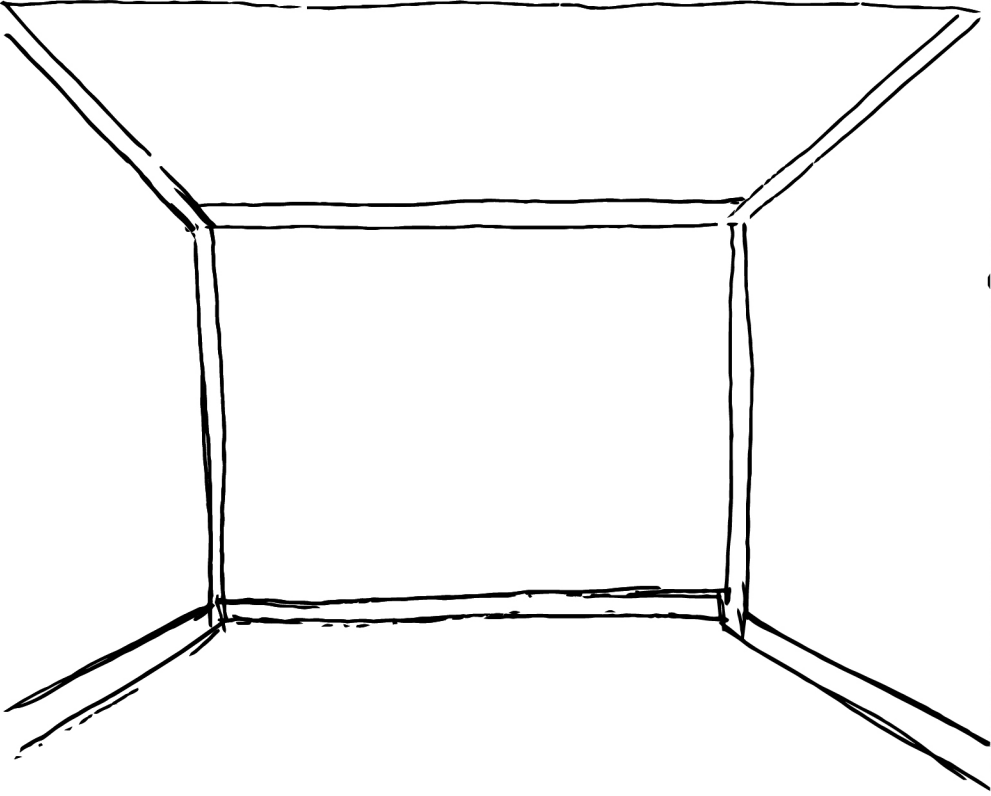
Use the opposite page  
to color and draw  
a picture of  
your baby sibling.



Your little sibling is in the NICU. The NICU is a place where babies go if they need special care. It's a nice place that will help them feel better!

My little brother was in the NICU for 30 days. How long has your sibling been there? \_\_\_\_\_

days/weeks/months. Wow, that's a long time. The doctors are doing everything they can to help so try not to worry too much. Have you been inside the NICU for a visit? Draw what you saw there.



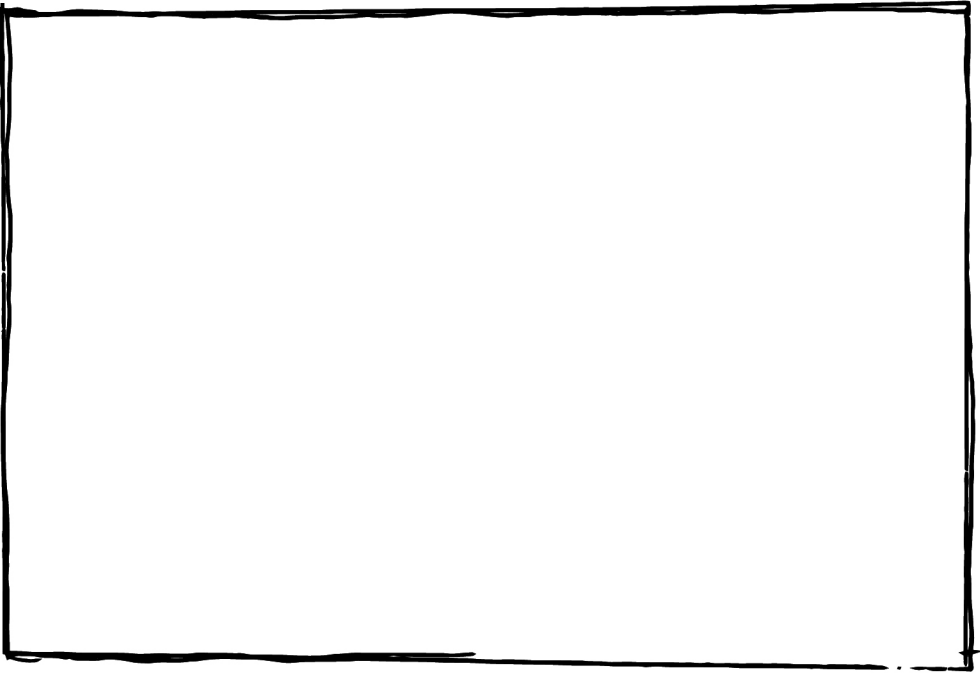
Let's thank the doctors and nurses for the help they are giving your family and your baby sibling.

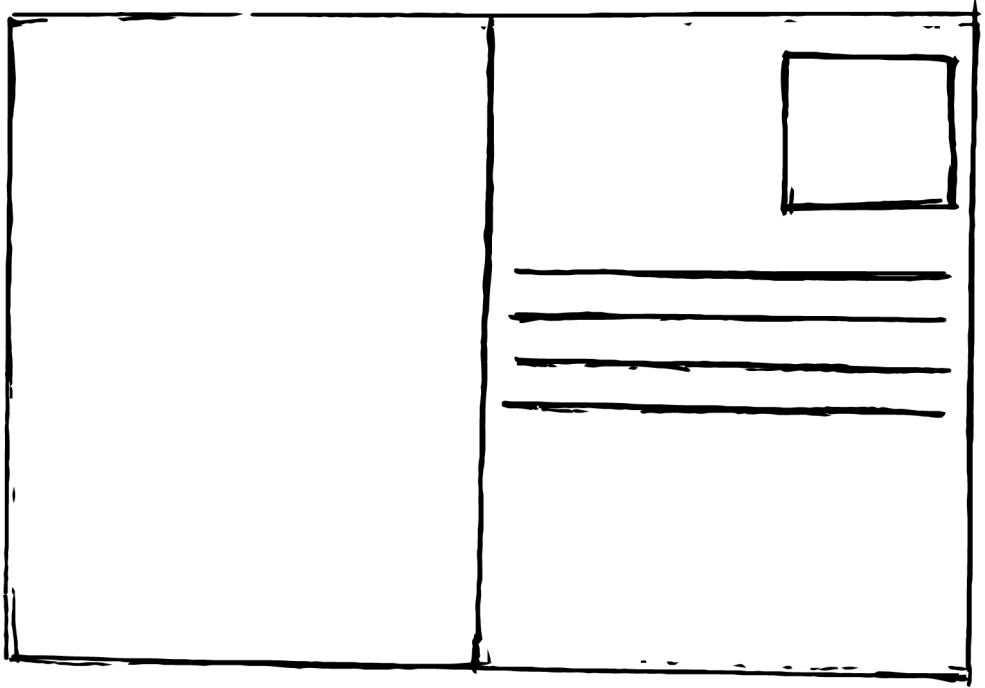
Fill in the postcard on page 7. On one side, draw a picture to illustrate how grateful you are to the doctors and staff. On the other side, write them a letter about how thankful you are for their help. If you would like, you can cut it out and give it to them!

I think they would like that very much.



CUT HERE







Stuck in a waiting room  
somewhere? Have too much time  
on your hands? Try this  
word search below!

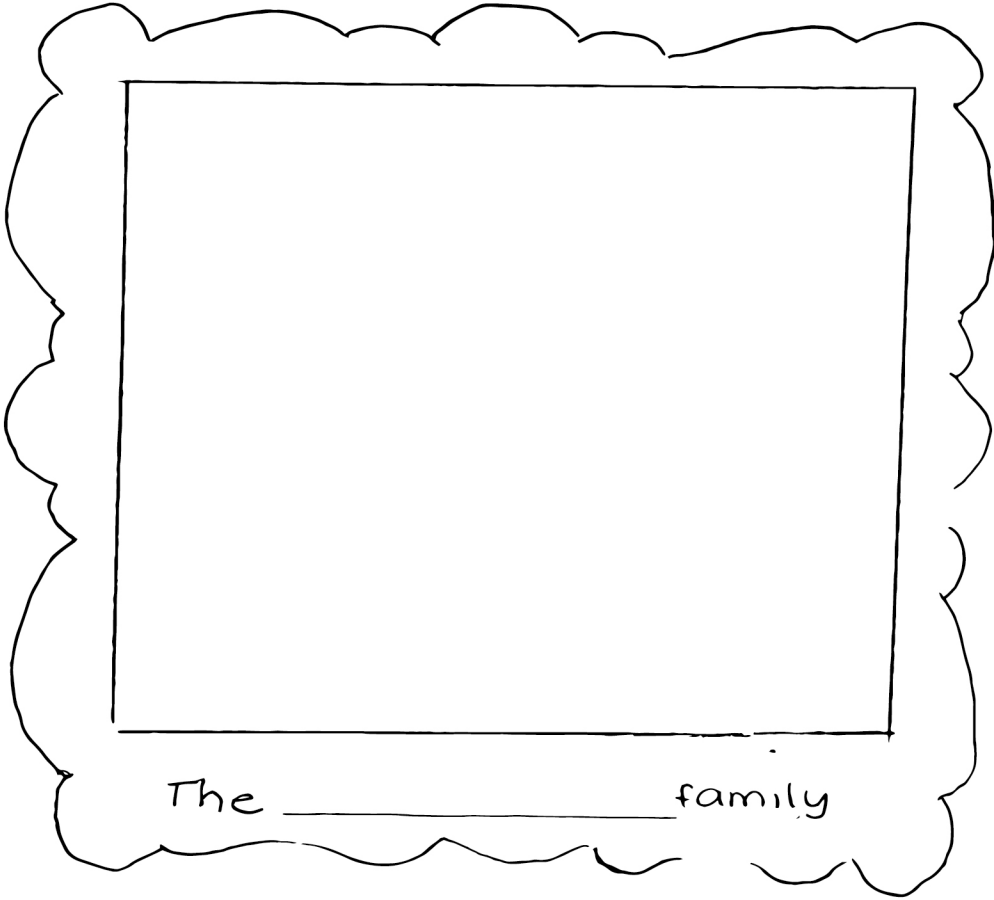
NICU SIBLING BABY TEDDY BEAR HOSPITAL

DOCTOR NURSE FAMILY FRIENDS HOPE LOVE

H O S P I T A L O A A Q Y G R C L D  
A Q N X Z E F H R E L W G Y B R F C  
Y L R Z N D U A G Y J O X O J B B X  
Q H N U W Q C M S Z Y L I M A F N K  
K H R X I Z I D F N J Q H B F S N J  
G S X X V I N S T H E R M O H F C G  
E N H P W S S E T E B L O X P N P C  
Q V D E Q D I N D Z D G J T R E A F  
L F Q P W V U B X K V D E D C H J R  
F D T Z X S Y X L P T K Y B V O K I  
X R U E U R G V B I A B D U J D E  
B Y B A B B A T U J N R H V B H K N  
S F A A Y P A I A P A G U G V E W D  
P P O L O V E A H K W X C J V N A S  
Q D J D W Z Z Y N Q L Q Q L Z D G R

Now that we've thanked  
your doctors and nurses,  
let's think about  
your family.

Your family loves the baby  
and your family loves YOU.  
Who is in your family?  
Draw your family.

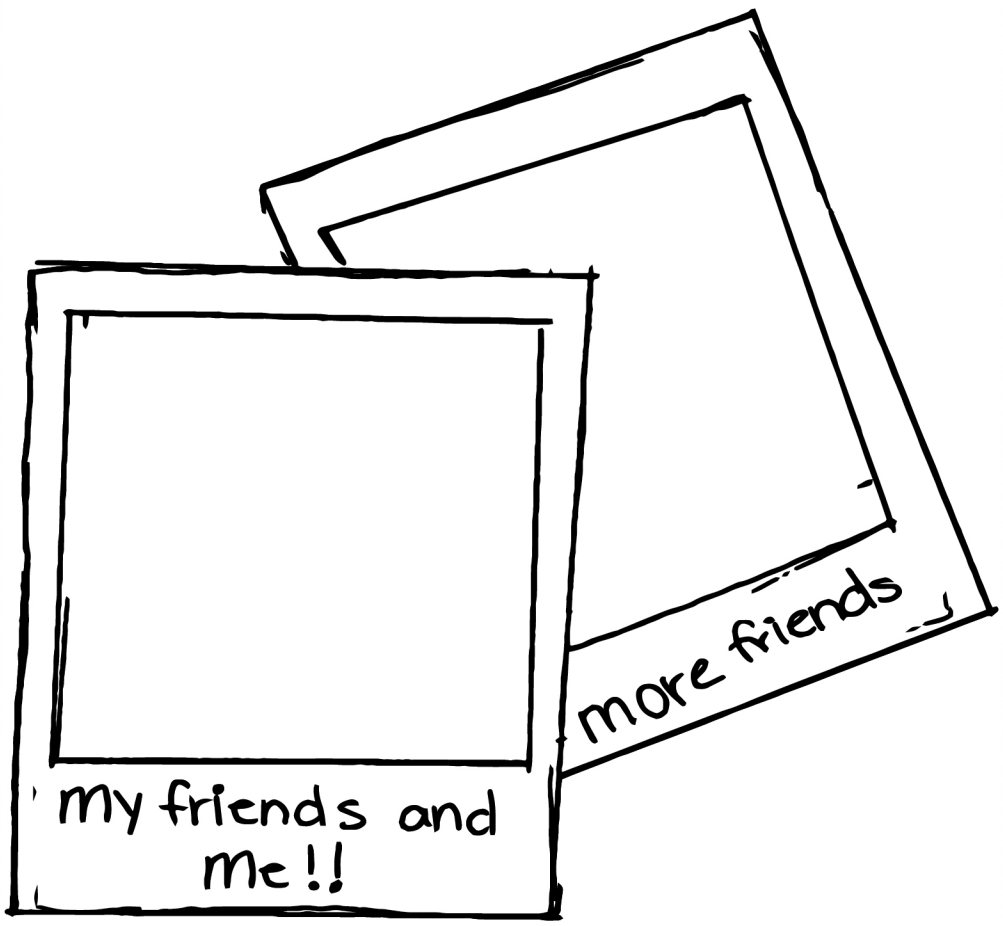


The \_\_\_\_\_ family

Friends are important.

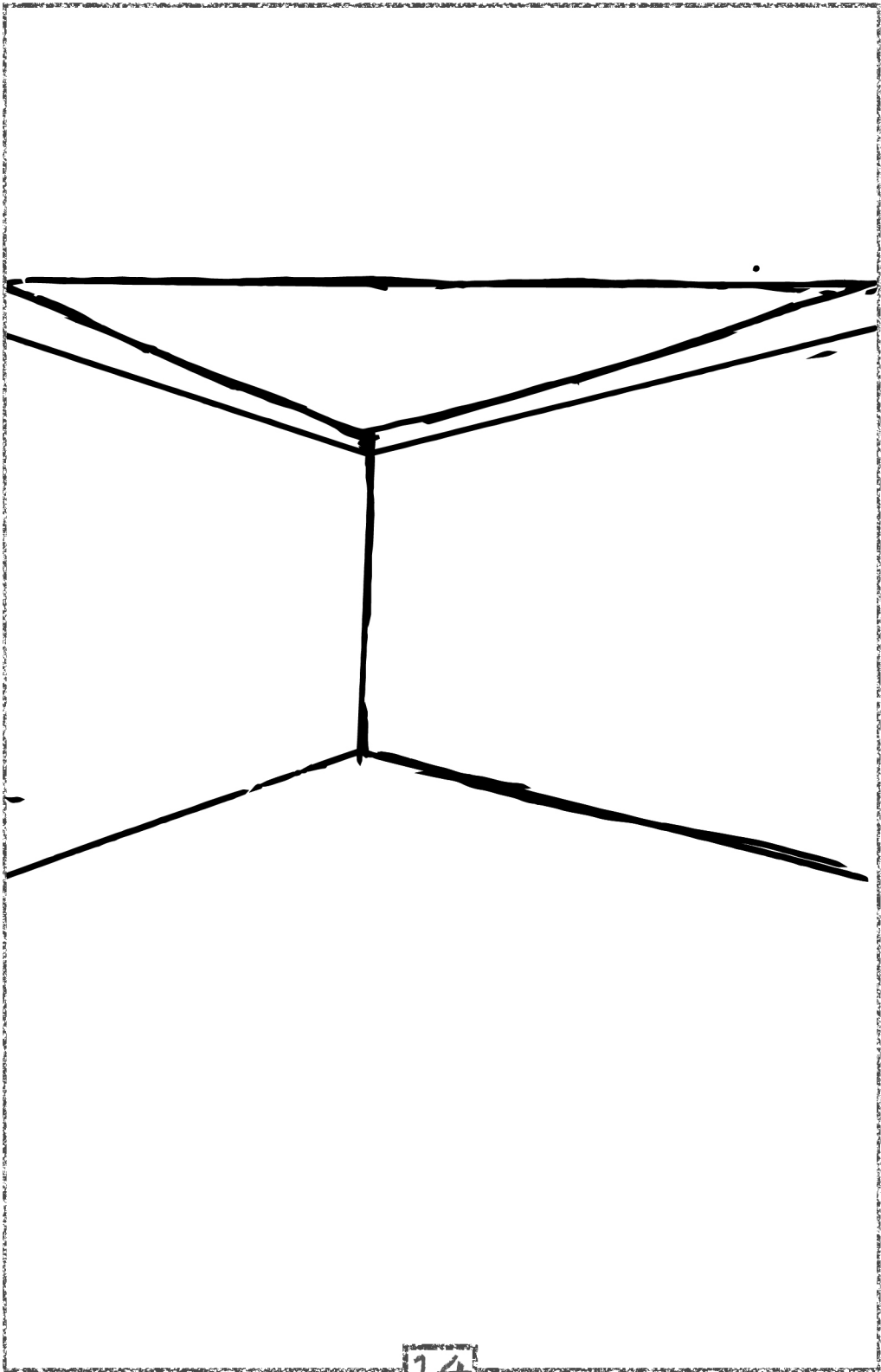
They can cheer us up when we feel down. They listen to us when we have problems.

Talk with your friends about the baby and how you are feeling. Draw a picture of your friends.



When your baby sibling  
comes home, where will  
they sleep?

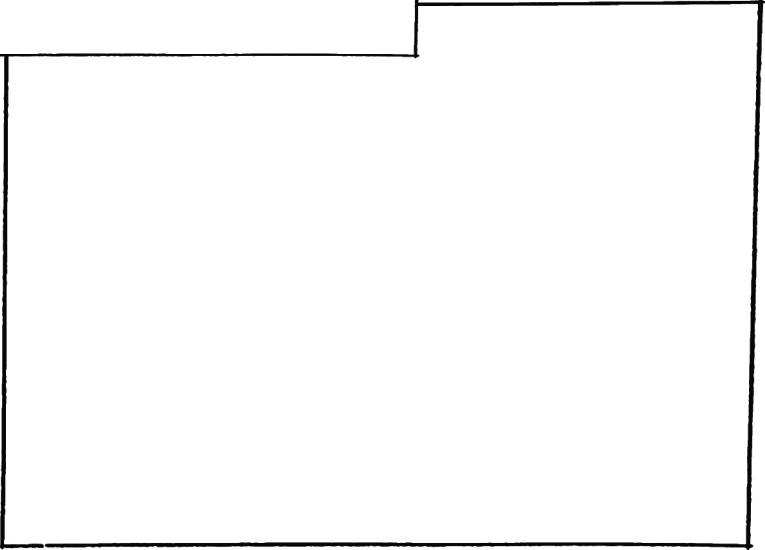
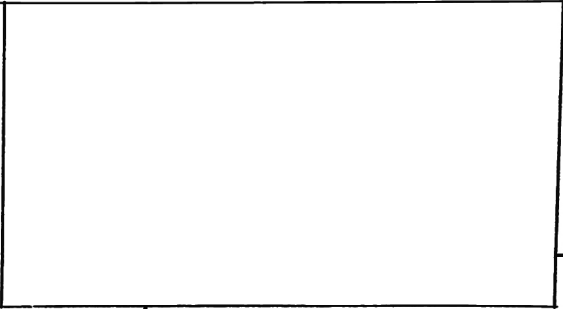
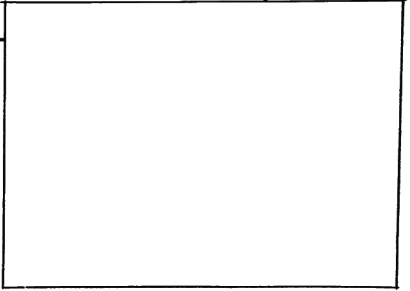
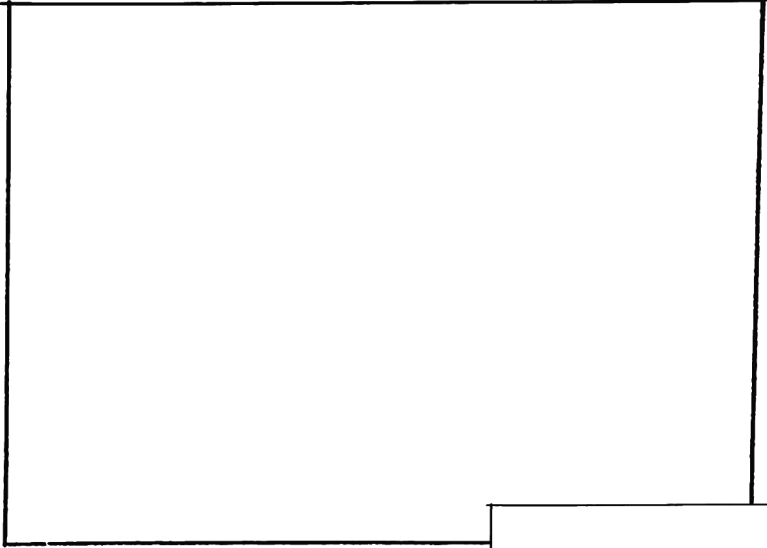
Draw what your sibling's  
space will look like.  
What color walls do they  
have? Do they have any  
stuffed animals?



When your sibling gets older, there will be so many fun things to do with them. What are some things you're looking forward to doing with your little sibling?

Write them or draw them on the opposite page.





Having a baby in the NICU can be hard. Sometimes we don't really understand what we're feeling.

When my sibling was in the NICU, I was sad and afraid but I didn't really understand why. Look at the scale and rate how you're feeling. Write down why you feel that way and then talk about it with a family member. This will help you understand your emotions better.

awesome!



good



okay



sad



horrible



Date: \_\_\_\_\_

---

---

---

awesome!



good



okay



sad



horrible



Date: \_\_\_\_\_

---

---

---

awesome!



good



okay



sad



horrible



Date: \_\_\_\_\_

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awesome!



good



okay



sad



horrible



Date: \_\_\_\_\_

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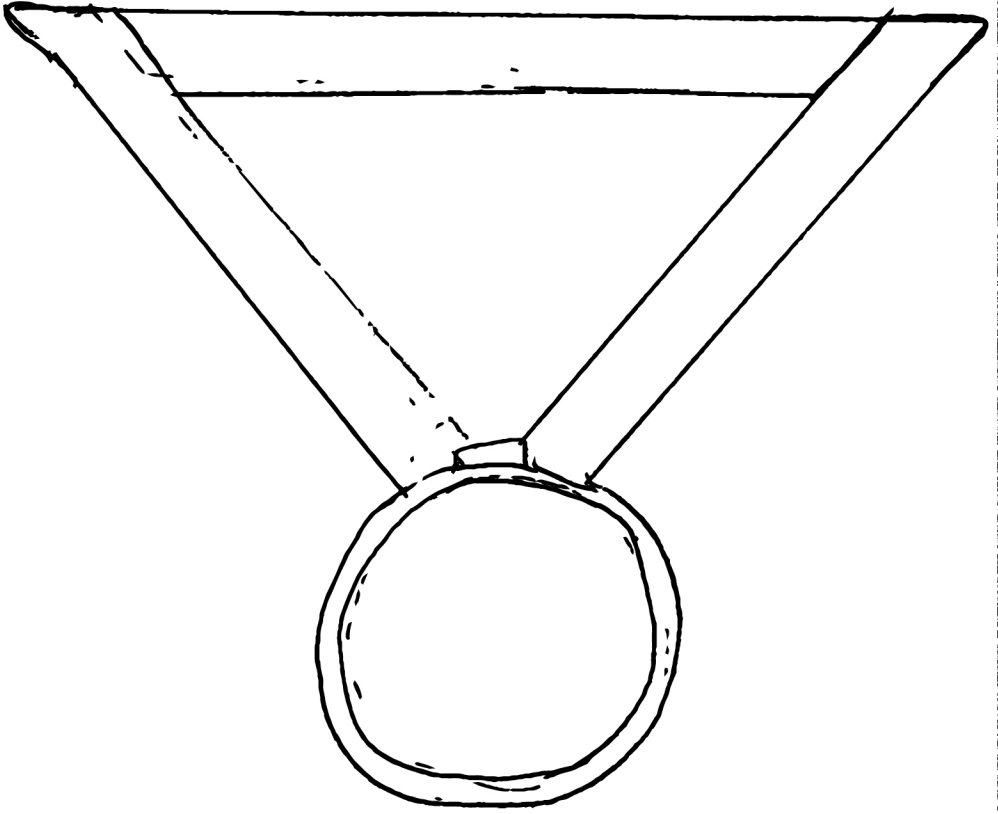
You are so strong!

You are so brave!

You are amazing!

You are going to be such  
a great older sibling.

Color the medal --  
you earned it!



# My Journal

Date \_\_\_\_\_

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Date \_\_\_\_\_

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Date \_\_\_\_\_

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Date \_\_\_\_\_

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Date \_\_\_\_\_

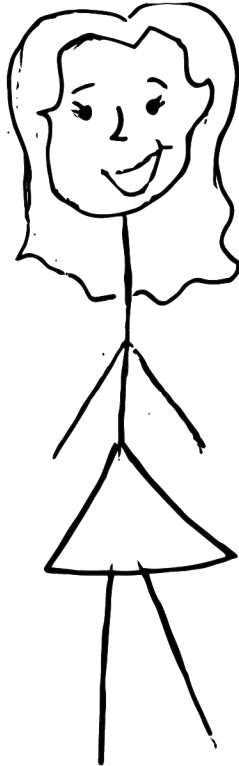
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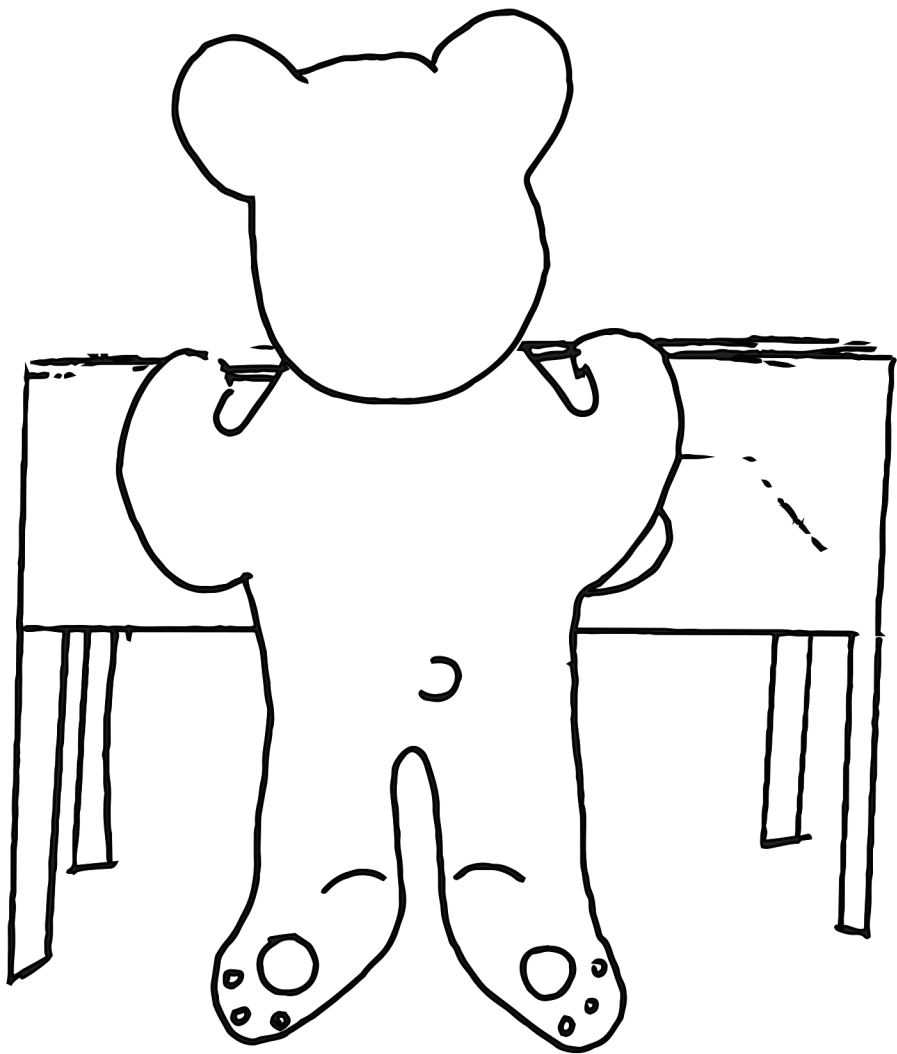
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# About The Author

Mary Fogarty is based in Los Angeles. She was ten years old when her youngest brother was born prematurely and transferred to the NICU unit of St. John's Hospital for 30 days. The experience was traumatic for Mary and her family, and Mary was not sure how to process her feelings. Mary's goal is to provide emotional support for other children with siblings in the NICU. This led to the creation of a nonprofit, NICU Siblings, Inc., and My NICU Journey. Through this book, Mary hopes to encourage the siblings of NICU babies by helping them understand their emotions and process their experiences. Happy reading!





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