

# NICU: Volunteer Program

**It is a standard practice of care for every stable baby in the NICU to be held.**

## What is the NICU Volunteer Program?

NICU Volunteers are an integral part of our NICU team, they are carefully screened, selected and trained to participate in developmental care like holding, rocking, singing and reading to your baby. Volunteers do not feed, dress, change diapers or walk around with your baby.

## What will this look like?

Your baby will be transferred by the bedside nurse to the volunteer and then back to the bed after each holding. If a NICU volunteer is holding your infant, when you arrive at the hospital, your nurse will transfer your baby to your arms.

We encourage you to be here with your baby as much as you can, but we understand you may have other obligations and aren't always able to be with your baby for as long or as often as you would like.

When you cannot be present, our Volunteer Program ensures that your baby receives that positive human touch and comfort. Research shows that purposeful and positive touch helps a baby's brain and body develop.



## Benefits of positive touch:

1. Increased stability in: Heart rate, Temperature, & Oxygen levels
2. Faster weight gain
3. Shorter hospital stays
4. Better pain tolerance
5. Improved sleep
6. Reduced anxiety and stress
7. Healthier brain development

**You may opt-out of the program at any time**