

What	Description	When	Where
NICU Parent Orientation Class	Let our NICU parent volunteers (NICU "graduate" parents) help guide you on your journey through the NICU. Tips on parenting in the NICU, watch a video about how to care for and parent your baby while in the NICU, meet other parents in the NICU, as well as graduate parents. In addition you will receive a March of Dimes NICU Baby Journal, a free meal ticket to the Mercy Café, and a Meal Ticket Packet from Chick-Fil-A.	2 nd & 4 th Tuesdays 7-8:30 p.m.	Conference Room, NICU South To sign-up call 251-6286 or stop by the desk in NICU South
Unit Visit by a NICUP	A NICUP volunteer will visit the unit to meet with parents and families.	Each Week	NICU North NICU South
Basic Premie Development Class	Would you like to learn more about your baby's developing sensory system, your baby's cues and how to react to them? This class is recommended for parents whose babies are 32 weeks adjusted age.	2 nd & 4 th Wed. 1:30 p.m.	Please contact Barb Baer in the OT office to sign up for the class by calling 251-6286.
Super Star Sibling Party	The Super Star Sibling Party is a fun way for 'big' brothers and sisters to learn more about 'their' baby and the NICU.	1 st Sunday of each month 1-2 pm	Conference Room, NICU South To sign-up call 251-6286 or stop by the desk in NICU South
'Leaving The Nest' Discharge Class	Our 'Leaving the Nest' Discharge Class is the best way to learn everything you will need to know about taking your baby home from the NICU. Our goal is to help you feel comfortable and prepared for your baby's care as you transition to home. The class is taught by NICU RN's, and will cover basic baby care, giving medications, car seat safety, and many more helpful topics and tips. We recommend that you sign up for this class when your baby is 30 to 32 weeks of age or older.	Mon 4-5 p.m. Thursday 6:30 p.m. – 7:30 p.m. Saturday 11 a.m. – 12 noon	Conference Room, NICU South To sign-up call 251-6286 or stop by the desk in NICU South