

Dear Parent,

Having a sibling in the Neonatal Intensive Care Unit (NICU) can be scary and stressful for a child. Brothers and sisters, 3 years old and older, are welcome to visit their baby sibling in the NICU. We ask that you take some time before bringing any sibling to the unit to prepare them for what they may see, and what they will be allowed to do when they are visiting.

- Children, like all visitors, should be in good health when they come to visit. Upon entering the NICU, the child will wash their hands and the unit clerk will take their temperature. They will be given a sibling sticker with the date on it to show that they have been screened.
- Visits with siblings are typically different than your regular visits as parents. The focus should be on the older children and their emotional response. Short visits are best.
- Our neonatal intensive care unit can have a wide range of medical needs. Because of this, we ask that siblings are quiet while in the patient rooms and hallways. Parents are responsible for the behavior of their children at all times. If the bedside nurse feels the sibling's behavior is disruptive to a healthy and healing environment, the nurse or charge nurse will ask that the sibling's visit end for the day.

Some things we encourage a sibling to do while visiting their baby sibling include:

- Reading a book to them
- Gently holding their hand
- Coloring a picture we can hang up in their baby sibling's room

Our Child Life Specialist is available throughout the week to give siblings other ideas on ways they can bond and interact with NICU siblings. She can work with you and your family, including siblings, to help with coping and managing stress associated with the uncertainty of illness. Our REN NICU (rooms B341-B362) has a small collection of toys in the family lounge and our GEN NICU (rooms A301-A307) has toys in the GEN sunroom that are available for siblings to use. Siblings may not be left unsupervised in any area of the NICU or hospital.

By signing this form, I acknowledge that I have reviewed the above items and understand the information regarding siblings visiting the NICU.

Signature _____

Date _____