

# Pearls & Key Takeaways from You!

## **Words and Communication**

- Words matter: what you say will impact families and be remembered. Be mindful of your language and avoid adding to their trauma. Communication shapes NICU families' experiences.

## **Trauma and NICU Experience**

- Acknowledge parent trauma during NICU admissions. Trauma is individual and ongoing, so trauma-informed care is essential. Understand that NICU parenting impacts family mental health.

## **Family-Centered Care**

- Prioritize family-centered, collaborative care. Skin-to-skin contact is crucial, and parents should be involved in care decisions. Empower and support families throughout their journey.

# Pearls & Key Takeaways from You! (cont.)

## **Change and Implementation**

- Challenge outdated norms. Implement best practices for babies and families through teamwork and collaboration across departments, focusing on trauma-informed approaches.

## **Self-Care and Support**

- Self-care is vital for caregivers. Support families through resources and guidance, helping them navigate trauma.

## **Mary Coughlin's Influence**

- Mary Coughlin emphasized the importance of trauma-informed care, skin-to-skin contact, and challenging unnecessary rules to prioritize the well-being of families. Be the buffer!