



## Parents Supporting Parents

*"When our daughter was born 13 weeks premature we were heart broken and confused. We weren't ready to deal with a sick baby, doctors or machines that go "ping". We were frightened and alone. It was a gift to finally speak to someone that had a similar experience. The Parent to Parent Support Volunteer answered all my questions and validated my feelings. She understood the value of guiding and supporting parents."*

Nancy J., Parent

In a 1999 Research study of Parent to Parent programs, close to 90% of the parents interviewed rated the program as helpful. Especially helpful to parents was exchanging practical information and talking to someone who had already dealt with some of the same problems.

Parent to Parent Research Brief, Beach Center on Disability, University of Kansas, Lawrence Kansas.



## Texas

## Parent to Parent

The gift of Parent to Parent support is one which helps hearts to heal, dreams to begin anew and sorrow to be lessened in the sharing.



TxP2P is always in need of support volunteers! Contact us to find out more about how to support other parents.

Texas Parent to Parent  
1805 Rutherford Ln., Sw 201  
Austin, Texas 78754  
Toll-free 866-896-6001  
Local: 512-458-8600  
Fax: 737-484-9050

Website: <http://www.txp2p.org>  
Email: [info@txp2p.org](mailto:info@txp2p.org)

# NICU NETWORK



Because we have been there we have an unequalled gift to share.



## Healing Power of Support

Texas Parent to Parent has established a support program for parents of premature babies and babies hospitalized in the NICU.

- ♥ Do you feel a sense of loss or feel stressed?
- ♥ Do you have questions about how to cope with a baby with medical needs?
- ♥ Would you like to talk to another parent who has experienced having a baby in the Neonatal Intensive Care Unit?



The birth of a premature infant is an extremely challenging and life-altering time. The stresses associated with an early delivery often continue well after the baby has been discharged from the hospital.

## Unique Needs

Families need support and help finding services whether their baby comes home healthy or continues to have special health care needs.

Families need reliable information on topics essential to their baby's health and the family's well-being.

Families need flexibility. Support can happen in a variety of ways: by telephone, email, electronic chat or face to face. Support is available in English and Spanish.



## NICU Network Offers

### Emotional Support

- ♥ Providing one-to-one Parent Matches with seasoned, trained parents who mentor families by sharing their experience in an informed and empathetic manner.
- ♥ Offering a welcoming and reliable contact person for parents leaving the NICU.
- ♥ Instilling confidence.

### Informational Support

- ♥ Helping access medical coverage.
- ♥ Providing information about the availability of Early Childhood Intervention Services (ECI).
- ♥ Offering information about the value of a Medical Home and providing tools to create care plans, notebooks and portable medical records.