



NICU Support

CONTINUING CARE SERVICES

Your Kaiser Team cares about you and your new baby! We know that these are uncertain times, and we are all concerned for the health of our loved ones. Ask your provider about the steps we have taken to protect you and your baby during upcoming outpatient well-baby checks. Read on for ways to get more support and assistance via online support groups, readings, pod casts and apps.

The information below is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.

National Maternal Mental Health Hotline 833-943-5746

For additional information log on to: <https://www.kp.org/maternity-covid>

NICU Online Resources (*Resources that have a free Podcast available to download)

Dear NICU Mama*

Dear NICU Mama is a non-profit designed to connect, encourage, and create community with past and present NICU moms.

<https://www.dearnicumama.com/>

Graham's Foundation

Resources, support, and education about the NICU experience as well as support and mentorship programs for NICU parents.

<https://grahamsfoundation.org/>

Hand to Hold*

Peer-to-peer support and an online community for parents of preemies, babies born with special health care needs and those who have experienced a loss due to complications.

Download the free app for compassionate one-on-one connection with NICU parents and Hand to Hold Family Support Specialists at any point in your unique journey.

<https://handtohold.org/>

March of Dimes

Psychoeducation about the NICU experience as well as resources to assist families throughout their NICU journey with an online community.

<https://www.marchofdimes.org/index.aspx>

<http://continuingcare-sandiego.kp.org>



NICU Online Resources (continued)

Mighty Littles*

A site dedicated to telling stories about how our experiences shape us as parents, and how our kids continue to amaze us with their resilience. They provide resources and stories which help eliminate the fear of making mistakes while navigating the NICU experience.

<https://www.mightylittles.com/>

Miracle Babies San Diego

Support groups, care packages, diaper distribution, and transportation for parents.

<https://www.miraclebabies.org/>

NICU Helping Hands

Providing support and education for NICU families. Offering services such as financial assistance, sibling support, and one-on-one mentor programs for parents.

<https://www.nicuhelpinghands.org/>

Postpartum Support International

Psychoeducation on perinatal mood disorders and resources for emotional support.

Online support groups available for current and former NICU parents.

<https://www.postpartum.net/>

Potato Head Project

Spreading hope to families of micro-preemie babies. Allows parents to track the progress and transformation of their baby while in the NICU.

<https://www.thepotatoheadproject.org/>

Project Sweet Peas

Resources and financial assistance for gas and food cards during your NICU stay.

<https://www.projectsweetpeas.com/>

Baby Care Basics Class & Infant CPR (KP) 619-641-4194

Books for NICU Siblings, Families, and Parents

Reading is an excellent way to bond with your NICU baby and help siblings and family members understand the new events surrounding their lives. Age-appropriate books are an easy way to start conversations and navigate the intense emotions everyone may feel during their NICU journey.

Books About Hospitalization of the Baby (appropriate age group listed)

Come Home Soon Baby Brother (coloring book) by Debi Iarussi (1-6)

My Brother Needs an Operation by Anna Marie Jaworski (4-8)

Our New Baby Needs Special Help by Gail Klayman (4-8)

What About Me: When Brothers and Sisters Get Sick by Allan Peterkin (4-8)

When Molly Was in the Hospital: A Book for Brothers and Sisters of Hospitalized Children by Debbie Duncan (3-8)

Books about Preemie Love (appropriate age group listed)

A Pocket Full of Kisses by Audrey Penn (3-8)

Evan Early by Rebecca Hogue Wojahn (4-8)

My Baby Sister is a Preemie by Diana Amadeo (4-8)

My Brother is a Preemie / My Sister is a Preemie: A Children's Guide to the NICU Experience by Abraham R. Chuzzlewit (3-9)

No Bigger Than My Teddy Bear by Valerie Pankow (3-7)

Prince Preemie: A Tale of a Tiny Puppy Who Arrives Early by Jewel Kats (4-8)

The Very Tiny Baby by Sylvie Kantorovitz (2-8)

Books for NICU Siblings, Families, and Parents (*continued*)

Books for Parents

- Life Will Never Be the Same: The Real Mom's Postpartum Survival Guide by Dr. Ann Dunnewold and Dr. Diane Sanford
- Now Discover Your Strengths by Donald O. Clifton and Marcus Buckingham
- The Pregnancy and Postpartum Anxiety Workbook by Pamela S. Wiegartz and Kevin L. Gyoerkoe
- The Relaxation and Stress Reduction Workbook by Davis, Eshelman and McKay
- What Color Is Your Parachute by Richard Nelson Bolles

Breast Feeding

- Outpatient Lactation (KP) 866-940-2218
- La Leche League 800-525-3243
- Weekly Breast-Feeding Support Group (KP) 866-940-2218

Child Care Assistance Programs

- My Childcare Plan (a network of childcare resources)
<https://mychildcareplan.org/>
- The Ray and Joan Kroc Center of San Diego 619-269-1438
- San Diego YMCA 619-952-0242
- Hired Caregiver Resources
 - Care.com <https://www.care.com/>
 - Tootris <https://tootris.com/>
 - Urban Sitters <https://www.urbansitter.com>

Crisis Resources

- 9-1-1 911
- Crisis Text Line: text 741741 <https://www.crisistextline.org/>
- KP Emergency Psychiatric Services - Crisis Team
(KP Emergency Department) 619-528-5151
- KP Behavioral Health Care Member Help Line
Available 24 hours a day, 365 days a year 800-900-3277
- San Diego ACCESS and Crisis Line (24 hrs) 888-724-7240

Emotional Wellness, Meditation and Self-Compassion Tools – *self-care at your fingertips.*

Free Apps

- Breathe2Relax
- Calm (*KP members click the link below to sign up for free for 1 year*)
<https://healthy.kaiserpermanente.org/southern-california/health-wellness/mental-health/tools-sources/digital>
- Miracle Babies App
- My Strength (*KP members click the link below to sign up for free for 1 year*)
<https://healthy.kaiserpermanente.org/southern-california/health-wellness/mental-health/tools-resources/digital>

Helpful Community Resources

- 2-1-1 San Diego dial 211 or 800-227-0997
- 24/7 stigma-free confidential phone service with an online database
<https://211sandiego.org/>
- Birthline of San Diego County: Resources and Supplies (including diapers)
3660 Clairemont Drive, Suite 4, SD 92117 858-270-2491
- 1220 Third Avenue, Suite 1, CV 91911 619-425-5012

Helpful Community Resources (continued)

- Cali Kids Medical Foundation 805-395-2563
<https://www.cakids.net/>
Medi-Cal: 866-262-9881, *www.benefitscalwin.org*
WIC: 800-500-6411

Intimate Partner Violence Resources

- Center for Community Solutions 888-385-4657
Community Resource Center (North County) 877-633-1112
Jewish Family Services – Project Sarah 858-637-3200
National Domestic Violence Hotline 800-799-7233
San Diego Family Justice Center (Central) 619-533-6000
Women’s Resource Center (North County) 760-757-3500
YWCA (Central) 619-234-3164

Legal Services

- Legal Aid at Work 800-880-8047
Educational tools and resources to help with disability benefits and other legal services.
Legal Aid Society of San Diego 877-534-2524
Free, high-quality legal assistance to low-income or vulnerable individuals and families.

Mindful Mamas (KP class, call to enroll) 858-573-0090

A four-session program that teaches mindfulness techniques including skills that will help you slow down, breathe, and be present to enjoy your pregnancy and children.
Viewridge Medical Office: 5251 Viewridge Ct, 92123; Integrate Room 1st floor

Outpatient Psychiatry (KP)

- Appointment Line 877-496-0450
Bostonia: 1620 East Main St., El Cajon CA 92021
Otay Mesa: 4650 Palm Ave., San Diego, CA 92154
Point Loma: 3420 Kenyon St., San Diego, CA 92110
Vista: 780 Shadowridge Dr., Vista, CA 92083

Podcasts (check your app store for a free app to download)

Dear NICU Mama: Connects the past and the present NICU moms.
Hand to Hold – Beyond the NICU: Dedicated to the family’s journey after the NICU stay.
Hand to Hold – Dad Discussions: Produced for NICU dads who share their stories.
Hand to Hold – Love and Loss: Support bereaved families on their difficult journey.
Mighty Littles: A Neonatologist talks about life in the NICU with parents, authors, and others.
NICU NOW: Aimed to eliminate the many physical and emotional barriers NICU parents.

Post-Partum Depression Resources

- Maternal Wellness: Perinatal and Postpartum Support Groups (KP) 619-641-4456
Infants under the age of 1 are welcome to accompany their moms
Viewridge Kaiser Permanente: 5251 Viewridge Court, San Diego, CA 92123
San Marcos Kaiser Permanente: 400 Craven Road, San Marcos, CA 92078
Post-Partum Health Alliance 619-254-0023
www.postpartumhealthalliance.org
Post-Partum Support International 800-944-4773
Or Text 503-894-9453 (English) or 971-420-0294 (Spanish)
<http://www.postpartum.net>

Resources for Fathers

- Boot Camp for New Dads – <https://www.bootcampfornewdads.org/>
- Postpartum Dads – www.postpartumdads.org
- Postpartum Men – www.postpartummen.com
- Postpartum Resources for Fathers – <https://www.postpartum.net/get-help/help-for-dads/>

Steps to Apply for CA State Disability Insurance (SDI)

1. Apply online at www.edd.ca.gov
2. Receive receipt number (RI number) upon completion of online application.
3. Call Kaiser Disability Claims at (619) 583-4293 or e-mail receipt number to SDROIU@kp.org
4. Check for messages on your SDI online account.
5. Keep SDI online account information up to date (address, phone, etc...)
6. State checks are issued as a debit card. This debit card is good for all future disability claims. Do not discard.
7. For questions, contact:
 - Kaiser Disability office at (619) 583-4293 or SDROIU@kp.org
 - State Disability office at (800) 480-3287

Transportation & Financial Assistance for NICU Families

Please request to speak with the NICU Social Worker to receive an application or more information on the resources below

- Caiden's Hope <https://www.caidenshope.org/>
Because parental care is essential to the development of premature infants.
- Medi-Cal transportation services (call for information and eligibility) 844-299-6230
- Miracle Babies Transportation (San Diego County)
<https://www.miraclebabies.org/programs/transportation/>
Offsets the cost of getting to and from the hospital.
- Mitchel Thorp Foundation <https://www.mitchellthorp.org/family-assistance-guidelines.html>
Guidance, emotional support, and personal advocate to help with your child's and your family's needs.
- NICU Helping Hands ... <https://nicuhelpinghands.org/programs/family-assistance-program/>
Apply online for possible help with grocery restaurant and/or gas gift cards.
- Project Sweet Peas <https://www.projectsweetpeas.com/financialassistance.html>
Apply online for help with meal and travel expenses while your child is in the NICU.
- Rest Haven Children's Health Fund <https://resthavenchf.org/>
Financial support for the health-related needs of individual children where there is no other funding source, public or private, and the parents can't afford it. Request the application from the NICU Social Worker.

Yoga for Expecting and New Moms (KP) 858-616-5600

For details, call Kaiser Permanente Positive Choice Integrative Wellness Center

For corrections or additions to this handout, please call (619) 641-4456