

You are not
ALONE

We are here for you.

The emotional, physical, financial and psychological impact of a NICU stay often blindsides families. Hand to Hold is a nonprofit organization dedicated to providing the information, resources and support parents need during and after a NICU stay to ensure the best outcome for the baby and the entire family unit.



"Having a fragile

baby can be a very isolating

experience. Let us connect you

to a welcoming community of parents

who have been where you are now."



connect with us

Find resources and support no matter where you live.



PARENT & FAMILY MENTORS

Hand to Hold matches parents with experienced NICU graduate parent mentors who share a journey similar to your own. Call or visit us online to request assistance.

CONNECT WITH US ONLINE

Join our supportive online communities and connect to parents who share similar experiences. Visit our blogs, find us on Facebook, follow us on Twitter and monitor our boards on Pinterest. Interact with fellow parents. Arm yourself with information to care for your children and your family. Find inspiration and hope when you need it most.

CELEBRATE YOUR LITTLE SUPER HERO

Some heroes are smaller than others. Much smaller. No one knows this better than the parent of a preemie! Hand to Hold created Preemie Power – photo & essay contest, blog and family celebration – to recognize these tiny superheroes and share hope. The festivities culminate during Prematurity Awareness Month in November. Visit preemiepower.org for the latest news and enjoy inspirational stories of all our past participants.



FIND HOPE ON **PREEMIEBABIES101.COM**

Our parent bloggers have been where you are now. They serve up inspiration and hope daily. Follow their personal journeys, glean helpful advice and learn from medical professionals and guest bloggers who share their expertise. We welcome your participation at **Preemiebabies101.com** & **[facebook.com/preemiebabies101](https://www.facebook.com/preemiebabies101)**.

24 HOURS A DAY

Check us out and see what other parents are talking about on our social media pages. Ask a question, make a comment, learn something new – and best of all, know that fellow NICU parents are ready to connect with you.



HAND to HOLD
Fragile Babies. Strong Support.



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