

NICU Parent Support Audio Cast



Audio Messages of Information, Encouragement & Support for NICU Parents

With Your Host: Dr. Kirsti A. Dyer

Episode 1 - Introduction to NICU Parent Support Audio & Podcast Channel

[Brief Music Interlude - 14 seconds. All the Pretty Little Horses.]

Welcome

Welcome. You have accessed the NICU Parent Support Audio & Podcast Channel. This is a series of audio messages of encouragement and support for parents and families who have babies in the Neonatal Intensive Care Unit or the Intensive Care Nursery.

I am your host for this series of audio messages. My name is Dr. Kirsti Dyer.

I am a physician, professional health educator, professor, teacher, grief, loss & bereavement expert and author. I also happened to be a former NICU Parent.

Introduction

Today's episode includes an introduction to the NICU Parent Support Audio & Podcast Channel's series of audio messages. We will also consider a few of my reasons for creating these encouraging messages along with a bit of information about myself.

So let's get started.

[Brief Music Interlude - 14.5 seconds. All the Pretty Little Horses.]

If you have found this audio channel, it's likely because you, yourself, or someone you know and love has a baby hospitalized in the neonatal intensive care unit otherwise known as the NICU.

It doesn't seem like that long ago, when I found myself suddenly the parent of a NICU newborn. Despite being trained as a physician and used to being hospital settings, emergency rooms and intensive care units for adults, I never received any training that prepared me to be a NICU parent. I don't think many of us ever do.

Once your baby gets admitted to the NICU, parents are left saying "Now What?"

As a NICU Parent, I discovered that instead of being able to take my newborn baby home, I was suddenly facing a life crisis in an unfamiliar and intimidating high-tech environment--the Neonatal Intensive Care Unit. I needed to learn how to get around in this unfamiliar setting along with how to handle a wide range of responses and intense emotions. I felt fear, anxiety, stress, frustration, helplessness, grief, anger, depression, irritability and exhaustion all in response during my daughter's NICU hospitalization.

As a current NICU Parent, you may be experiencing a great deal of pain, fear, frustration and anxiety. While I cannot take away the pain, fear or other emotions that you are experiencing now, I do believe that because I have been there I can provide encouragement and support. I lived through and survived a NICU experience and can help you by sharing information, insights and resources that I would have found helpful during my own time as a NICU Parent.

[Brief Music Interlude - 15 seconds. All the Pretty Little Horses.]

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About the Audio and Podcast

This audio channel is a collection of audio messages that provide information, encouragement, support and comfort for NICU parents. Some of the recordings will be longer, more informative episodes; others will be shorter messages of encouragement or comfort.

The NICU Parent Support Audio & Podcast episodes are divided into sections for information, encouragement and comfort. Some NICU parents need information and encouragement when their baby is in the NICU. Episodes will be available for them. Sadly, some NICU Parents need comfort and support because they receive the unfortunate news that their NICU baby is dying. Other episodes will be available for these parents.

You may subscribe and listen to the series as a podcast for your iPod or other favorite MP3 Player or you may choose to listen to the audio messages on your computer.

Thank You

Thank you for listening to the information in this episode from the NICU Parent Support Audio & Podcast channel, our series of audio messages of encouragement and support for NICU Parents.

Please Visit the NICU Parent Support Site and Blog

I would like to invite you to visit the NICU Parent Support site at NICUParentSupport.org and the NICU Parent Support Blog at nicuparentsupport.blogspot.com. Some of the information for these audio episodes has been taken from articles and blog entries on these sites.

I hope that you will find this series of audio messages to be informative, encouraging, comforting and supportive to you during your time in the NICU.

Until the next time, I wish you strength for getting through your NICU experience.

[Brief Closing Music Interlude - 14 seconds. All the Pretty Little Horses.]

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Please visit their website at <http://creativecommons.org> for more information.

Music Source: All the Pretty Little Horses, a Traditional American Folk Song.
Also known as Hush A bye. Hummed by Dr. Dyer.



The NICU Parent Support Audio & Podcast Channel is provided as a complimentary resource for NICU Parents and their Families by the NICU Parent Support Site. For more information about the Audio and Podcast Channel see the NICU Parent Support Site at: <http://www.NICUParentSupport.org/audiocast.htm>