5 Things You Can Do to Honor NICU Remembrance Day

1. Light a candle to honor and remember a baby whose life was too brief.
2. Donate remembrance keepsakes to the NICU for bereaved families.
3. Send a card to someone in remembrance of their NICU baby.
4. Plant a flower or tree in honor of a NICU baby.
5. Volunteer to provide peer support, kindness, and empathy to other bereaved families of NICU babies.

This project is a collaboration between Project Sweet Peas and the National Perinatal Association.

www.nicuawareness.org
www.nationalperinatal.org/NICU_Awareness