5 WAYS TO GIVE BACK TO YOUR NICU

1. Host a Donation Drive
   Ask family and friends to donate books or other items to support NICU parents.

2. Share a Meal
   Host a luncheon or breakfast for families who are currently in the NICU.

3. Help to Ease NICU Families' Financial Burdens
   Donate gas cards, gift cards, restaurant gift certificates, and travel vouchers to NICU families so they can be together.

4. Thank Your NICU Staff
   Deliver treats and notes of gratitude to your local NICU unit.

5. Get Involved
   Join a peer-to-peer support group. Serve on your hospital's parent advisory council.

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

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