

# NICU Basics: A Simple Guide

A calm, plain-language guide for your first days around the NICU.

---

**The NICU can feel overwhelming at first. You are not expected to know everything.**

## What the NICU may feel like

- It can be bright, busy, quiet, noisy, calm, and stressful all in the same day.
- There may be different staff around your baby at different times.
- There may be equipment, screens, sounds, and routines that feel unfamiliar.

## What dads often feel

- Unsure what to do or where to stand.
- Worried about your baby, your partner, and everything outside the hospital.
- Frustrated by waiting, changes, and not having clear answers straight away.
- Proud and scared at the same time.

## What can help

- Take things one visit at a time
- Write down questions as they come up
- Ask staff to explain anything you do not understand
- Eat, drink, rest, and take short breaks
- Talk to someone you trust when things feel heavy

**You are still your baby's dad. Showing up, caring, and taking small steps counts.**

This guide is for general support only. For worries about your baby, speak to your NICU team.