



An open letter to our loving friends and family,

We are beyond thrilled to be letting you know that after so many days we will be bringing “baby” home from the NICU! We have been through an unimaginable experience and although incredibly hard, your support and love has been amazing during this time and we thank you for that.

Bringing a baby home from a Neonatal Intensive Care Unit presents a few different challenges that you may not be aware of (neither were we!) and we'd love to give you a few options on how to best support us during our transition.

We know you'd love to meet the baby right away, but we are settling in and will contact you when we're open to having visitors. We will be spending some time in what is called “isolation” over the next few months as recommended by our medical care team to protect our baby from potential illness. A simple cold passed onto them can require re-hospitalization and that thought is extremely scary to us!

While we are so thrilled to be home, we may not be at upcoming family gatherings- too many chances for some colds can put our baby at risk so we will most likely be enjoying our days and weekends at home.

We know you'd love to celebrate and support us! Here are some ways we'd love for you to:

- Please text and call! We'd love to FaceTime you and update you on our little one via phone. And if we don't answer or get back to you right away, please don't take it personally we may have several follow up appointments and just need some time to get back. Your texts of support mean the world!
- If we do schedule a visit and you come down with even the smallest of colds, please reschedule with us for a time when you are feeling 100%! There will be plenty of time to see our little miracle and we would love for you to be feeling well when you do.
- When you do come for your visit, please don't be offended if we ask you to wash your hands frequently, we promise we will have hand lotion too.
- If we decline an invitation to a gathering, it is not personal- again just our way of keeping baby safe during these first precious months at home.
- If you want to make a meal, please do! We love to eat, and wouldn't mind a night off from figuring dinner out while we are navigating parenthood without our safety net of beeps and monitors.

We know this isn't the way you planned to meet our little one... it wasn't in our plans either! But we appreciate you supporting and respecting our family's needs and wishes during this time. We are taking all the advice we can get from our doctors in the NICU and setting our little one up for the most success as we transition home. When you meet this miracle, you will see what a wonderful warrior he or she is!

This baby will know it's loved and thought of from all of you and we look forward to celebrating with you in the future!

With Love.