

Neonatal Intensive Care Unit (NICU) Guide

This collection aims to support providers in implementing trauma and resilience informed care while supporting families in the Neonatal Intensive Care Unit (NICU).



Resources

[Addressing Birth Trauma](#)

Multimedia Item

Traumatic birth can significantly affect the wellbeing of parents and babies, and healthcare providers play a critical role in preventing or mitigating birth trauma. This video emphasizes ways in which providers can recognize risk factors for birth trauma, identify signs and symptoms of postpartum PTSD, and support parents struggling in the aftermath of a traumatic birth.

[Addressing Microaggressions in the NICU](#)

Multimedia Item + Online Tool

Microaggressions may seem subtle and harmless, but they can profoundly impact the emotional wellbeing and trust of NICU families. This handout and video educate about microaggressions and provide microintervention strategies to enhance the quality of care for diverse communities in the NICU.

[Feeding Newborns: Inclusive Strategies to Build Empathy and Equity With Families](#)

Online Tool

Feeding is a caregiving act that can bring up a wide range of emotions including joy, contentment, guilt, worry, and frustration. Providers and clinical staff can help families practice self-compassion throughout their feeding journey by understanding the history and contexts that inform how families approach infant feeding.

[LA County Department of Children and Family Services' Newborn Risk Assessment For Substance-Affected Newborns](#)

Online Tool

California state regulations are clear that a positive toxicology screen (either prenatally or at the time of birth) in and of itself does not indicate the need for a report to child protective services. Healthcare providers in Los Angeles County should complete this Newborn Risk Assessment (NRA) for Substance-Affected Newborns developed by the Los Angeles County Department of Children and Family Services. Completing the NRA will help healthcare providers assess for additional risk factors posed by the infant's family and determine if there is a need to consult and/or make a report to the Child Protection Hotline.

Los Angeles County Plan of Safe Care Process Map (Draft)

Online Tool

Los Angeles County has developed this draft workflow to support hospital and healthcare providers in initiating the Plan of Safe Care process in their respective healthcare/hospital settings. Reference this draft process map to see a model of how hospital teams can work together to initiate and implement Plans of Safe Care, and when to notify or make a report to the Child Protection Hotline. Visit supportingfamilies.lacounty.gov/plans-of-safe-care for more information and updates to Plans of Safe Care processes in LA County.

Los Angeles County Plan of Safe Care Template (Draft)

Online Tool

A Plan of Safe Care is a document jointly created by a pregnant or parenting person, their family, and care providers to assist with care coordination for substance-affected newborns or pregnant people using substances. Los Angeles County healthcare providers should help initiate a Plan of Safe Care when indicated and work collaboratively with the family to develop the plan. Los Angeles County has developed this draft Plan of Safe Care Template for healthcare providers to use if desired to initiate the Plan of Safe Care process in healthcare/hospital settings. Visit supportingfamilies.lacounty.gov/plans-of-safe-care for more information and updates to Plans of Safe Care processes in LA County.

Supporting Pregnant and Parenting People Struggling With Substance Use Through Plans of Safe Care

Anytime Session

This Stress, Trauma, and Resilience (STAR) Seminar summarizes the Los Angeles County Plans of Safe Care process and provides participants with tools and resources to initiate Plans of Safe Care from healthcare and hospital settings. This training integrates the latest research on substance use, pregnant and parenting people, and mandated reporting. Los Angeles County's overarching goal with Plans of Safe Care is to ensure that pregnant people using substances and infants with prenatal substance exposure and their caregivers are assessed for strengths and needs as far upstream as possible, and then are referred/linked to community-based services.

Supporting Culturally and Linguistically Diverse NICU Families

Online Tool

NICUs serve families from a variety of cultural and linguistic backgrounds. This handout outlines multiple strategies to support families who speak languages other than English.

Safe Sleep Conversations

Multimedia Item + Online Tool

Caregivers and providers both want babies to thrive. This video and handout highlight some ways to set the stage for culturally sensitive sleep conversations, and how to find common ground for supportive and effective information sharing.

Supporting Dads in the Neonatal Intensive Care Unit (NICU)

Resource Collection

Parents with a baby in the NICU can feel pulled in multiple directions. Providers have the power to shape the experiences of NICU parents. This collection emphasizes ways to provide support to Dads through self-care and social support tips and resources, including [“But what about Dad?” A Guide to Supporting Dads During the NICU Journey](#), [Dads in the NICU: Taking Care of Yourself and Seeking Support](#), [Supporting Dads in the NICU: Tips for Friends and Family](#), [Supporting Dads in the NICU: Tips for Partners](#)

When New Parents Have Trauma Histories: Recognizing and Responding With Sensitivity

Online Tool

Past experiences can shape the way caregivers approach the addition of a new baby. This handout gives insight into common trauma signs caregivers can experience and tips on how to respond with compassion and support.

The **UCLA Prevention Center of Excellence** provides training, resources, consultation, and learning communities to support workforce wellbeing in Los Angeles County.