



Info
Rx

NICU / Premature Babies

Premature babies are born before 37 weeks of pregnancy, before they are fully developed. Premies are often cared for by a specialized team in the Neonatal Intensive Care Unit (NICU). Below is a list of resources that can be helpful for parents with a premature baby or for families with a child in the NICU.

Check out these resources! Use your phone to scan the QR codes to open the links!

Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f691b786cbe4900121d5d8a>



FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/nicu/>

MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services. Search for "NICU" to find articles and videos.

<https://myhealth.alberta.ca/>



Healthy Parents, Healthy Children

Part of the MyHealth.Alberta network, this website offers families information about pregnancy and the first five years of a child's life. Search for "Premature" to find relevant articles.

<https://www.healthyparentshealthychildren.ca>

About Kids Health

SickKids Hospital in Toronto, Ontario has created a Premature Babies learning hub. This resource provides information about premature babies, understanding diagnosis, treatment overview, at home, and looking ahead.

<https://www.aboutkidshealth.ca/prematurebabies>



Canadian Premature Babies Foundation

The Canadian Premature Babies Foundation aims to support and educate Canadian families with premature babies before, during, and after their NICU stay.

<https://www.cpbfbpc.org/>

CDC's Developmental Milestones

Explains stages of a child's development. While this can vary from child to child the website lists what skills an average child can do at different age ranges.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>



Hand to Hold



A US organization that has information for families with premature babies. This website has a blog, podcasts, online communities, online peer mentoring and sibling support. *(Not all information will be relevant for Alberta families.)*

<https://handtohold.org/>

Baby Steps to Home

A US guide to preparing NICU parents for home. It covers a wide range of topics. You can access the information from the website or you can download the NICU discharge module. *(Not all information will be relevant for Alberta families.)*

<https://babystepstohome.com/>



March of Dimes



Provides families with general information about the NICU. It includes Dad's role, common tests, coping with stress, learning your baby's cues, and touching and holding your baby. *(Not all information will be relevant for Alberta families.)*

<https://www.marchofdimes.org/find-support/topics/nicu>

Caring for Kids

This resource has information for parents from Canada's pediatricians. It covers a wide range of child health information and child health concerns. It has information on children from newborn to teenagers.

<https://caringforkids.cps.ca/>



Kid's Health



A trusted US medical resource with consumer health information. It covers information for parents on when your baby's born premature, when your baby's in the NICU, and taking your preemie home. Search for NICU and Premature.

<https://kidshealth.org/>

Need more information?

Contact the Family Librarian

☎ 403-955-7745 ✉ ChildHealthInfo@ahs.ca 🌐 <http://fcrc.albertahealthservices.ca/>

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

Updated: January 2024