

Accomplishments, Positives, and Pride

Thinking positively, is there anything about your experience in the NICU that you feel proud of?

I am proud of:

I am proud of **how much I have learned** to do to help my baby in the NICU. I now know how to change diapers, weigh, and feed my baby.

I am proud of how **strong** I am. This experience has made me realize that I am capable of much more than I ever could have imagined.

I am proud of how well my partner and I are **managing the stress** of this experience; it has really brought us closer together.