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Disclosure

- Alex Zavala does not have any financial arrangement or affiliations with a commercial entity.

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Beginning/ History

December 2012 we found out we were pregnant

Mia was 8 years old- Premie
30 wks 3 lbs. 6 oz.

High risk pregnancy

Doctors/Specialists

Thursday 27 week FFN test

Sunday- Registered for baby shower



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The Call

Monday June 10, 2013

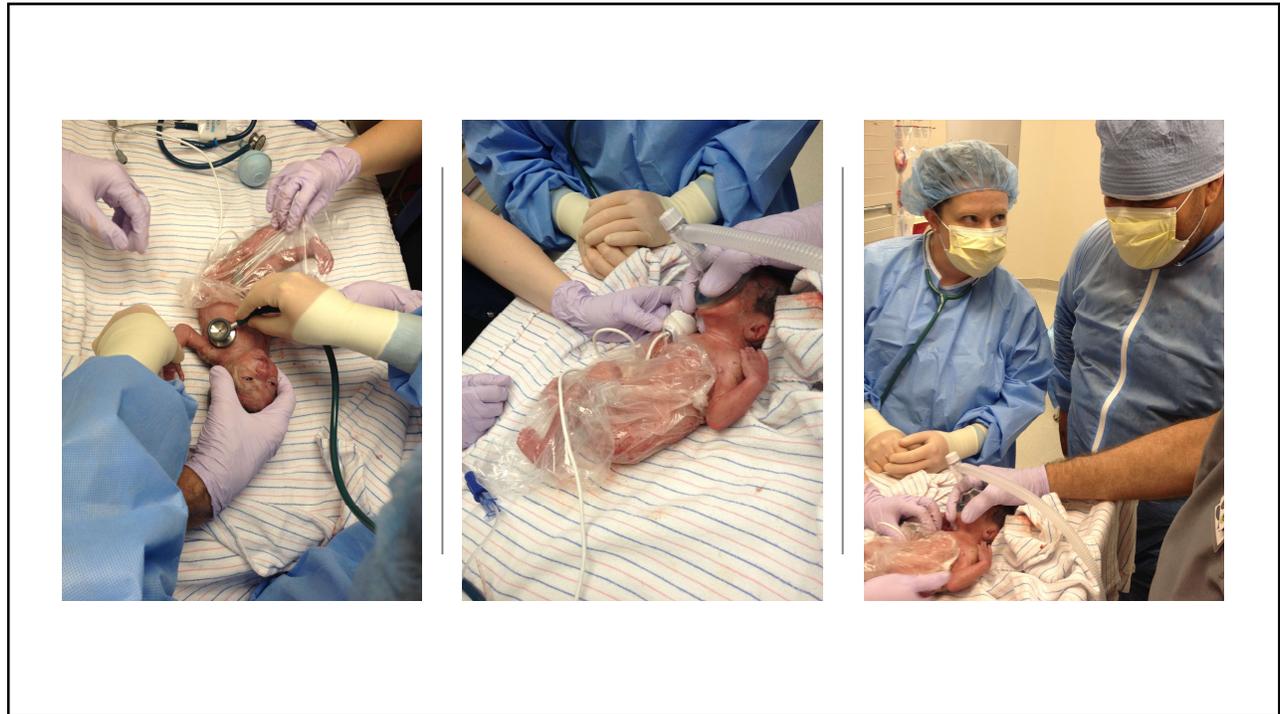
Phone call- 9 a.m./ Rush to hospital

See my wife for the first time.

Emergency C-section

Pre-op

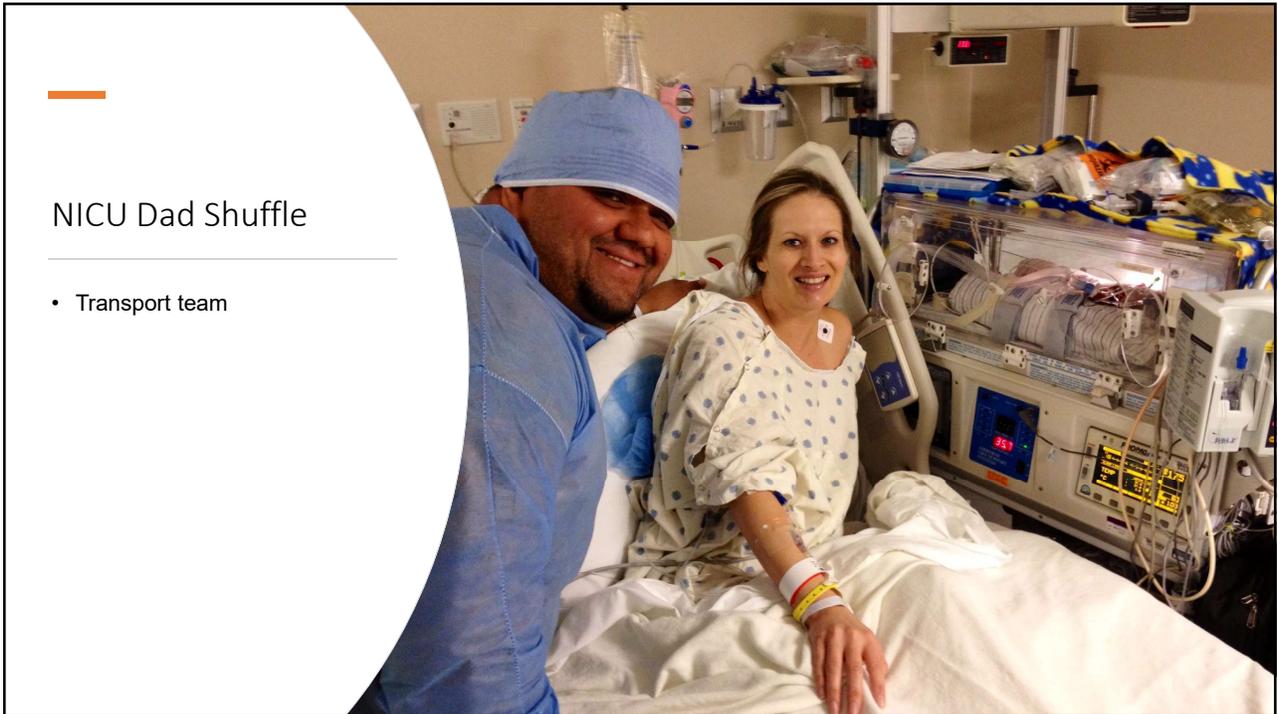
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First time in the NICU

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Discharge



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Doctors Visits

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Social distanced for the first year



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Appreciation for NICU Support

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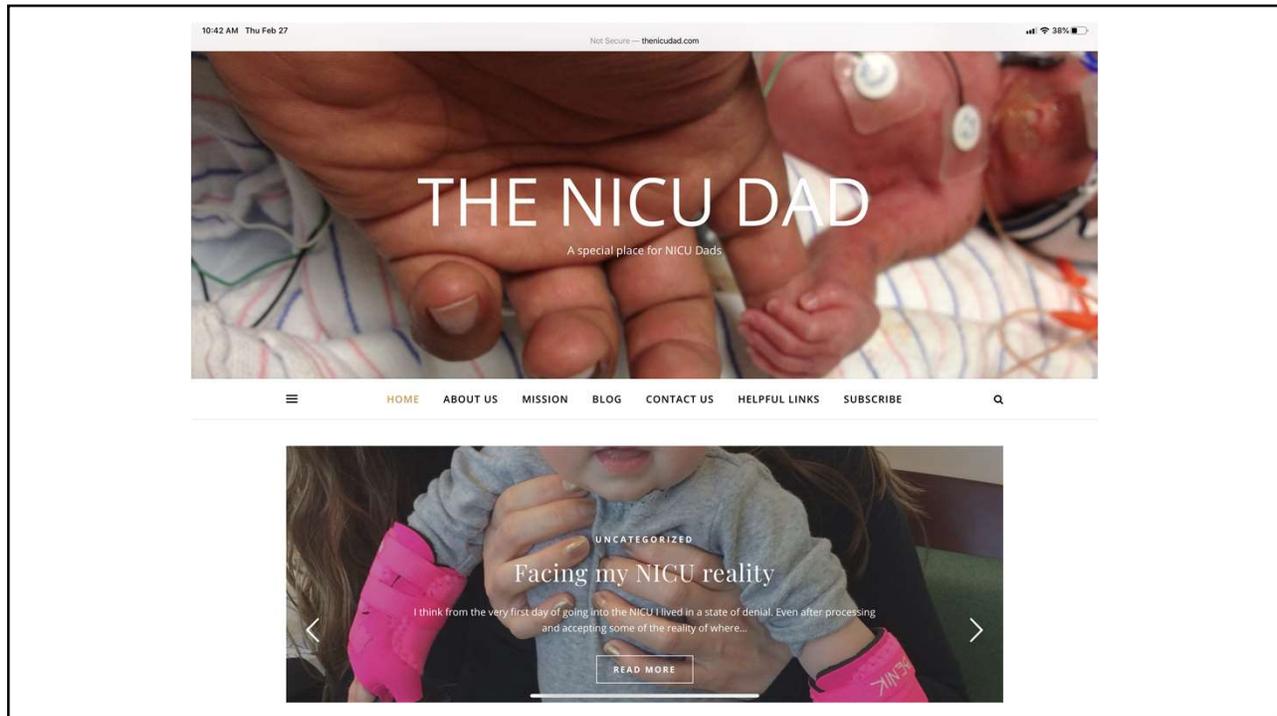
Current NICU Involvement



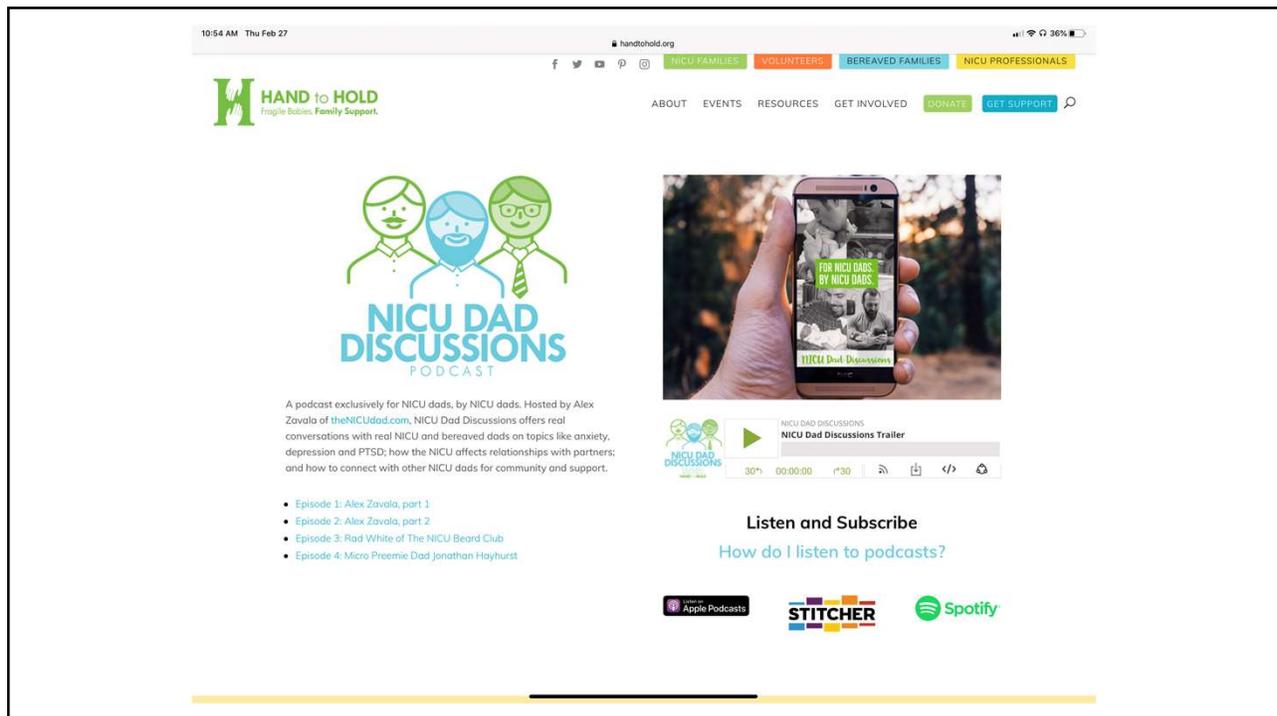
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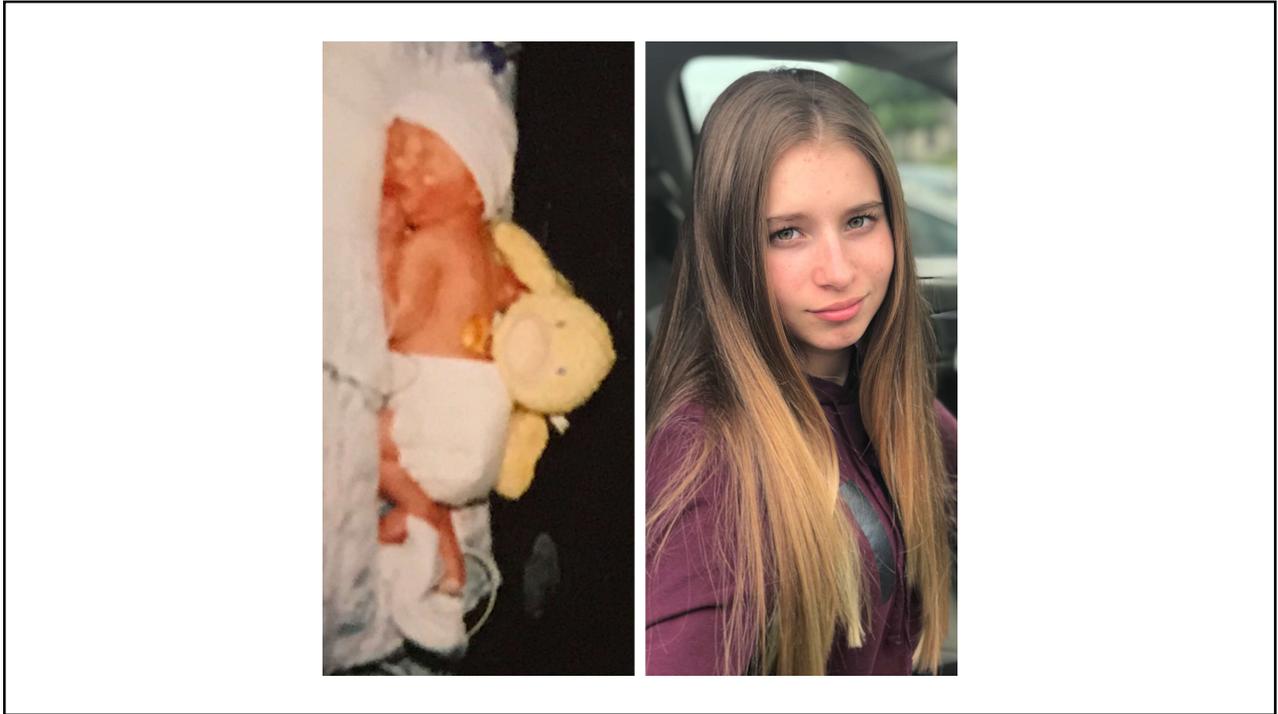
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This was my NICU journey.

Now my focus is advocating for NICU dads
and NICU dad support.

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What does that mean?

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It means having discussions about what NICU dads experience.

Disparities in communication and care

PTSD and trauma

Separation from family

And many more issues including a lack of post NICU care and support.

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Post NICU Support

Sent out into the world in charge of everything and everyone

For many NICU dads stress and anxiety increase after the NICU

Physical health- NICU Dad Bod

Mental and Emotional Health

- Fight or Flight, PTSD, and more

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Solutions

Early intervention

Treated like an equal

Physical/ Mental Conditioning

Therapy and fitness

PEER TO PEER MENTORING!!!!!!!

Continued emotional support

Counseling/ support groups/ becoming a mentor

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