Alex Zavala

The NICU Dad
My NICU Journey

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Disclosure

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

Beginning/History

December 2012 we found out we were pregnant
Mia was 8 years old - Preemie 30 wks 3 lbs. 6 oz.
High risk pregnancy
Doctors/Specialists
Thursday 27 week FFN test
Sunday - Registered for baby shower
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
NICU Dad Shuffle

• Transport team
First time in the NICU
Discharge

Doctors Visits
Social distanced for the first year

Appreciation for NICU Support
Current NICU Involvement
This was my NICU journey.

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

What does that mean?

- 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.
Post NICU Support

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

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