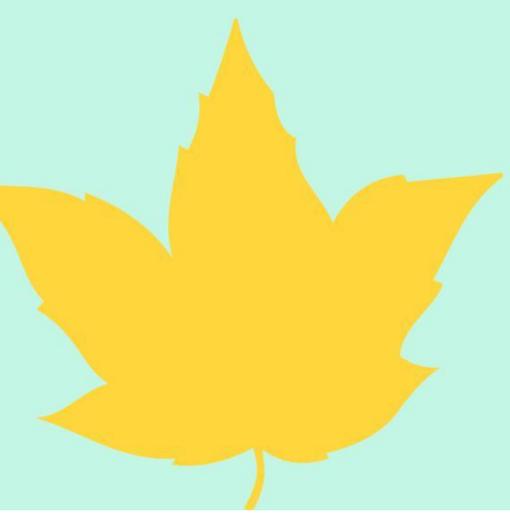




The NICU Tree of Life



The Tree of Life is used to share stories of hope, kindness and compassion for your baby and other families



The NICU Tree of Life

The Tree of Life was developed as a metaphor to represent a person's strengths, skills, achievements, life experiences as well as their hopes, dreams and wishes for the future.

The Tree of Life has been successfully used across paediatrics within Addenbrooke's Hospital for children and young people. This is first time we have used it on NICU.

We would like you to help grow the NICU Tree of Life

You and your family are invited to grow the tree by sharing yours and your baby's strengths, skills and achievements. You can also share words of encouragement for other families on the NICU. Share your stories and experiences about what has worked for you, your baby and your family, to help other families.





The leaves

Leaves can be used to write messages of hope to your baby. You can also use the leaves to write messages of support for other families such as advice on what has helped you.



You arrived before we were ready, but we are so proud of you – our little fighter!



The fruits

Fruits can be used to record your baby's strengths, skills, talents and achievements.



You can also use the fruits to write messages for staff, or to other parents and families on the unit. This is to tell them about what they have done which stands out to you.



Thank you to the nurse who helped me bath my baby for the first time today.



What to do with your leaf/ fruit?

Once you've written your leaf or fruit you can post it in the Tree of Life box (located on NICU reception) or give it to a member of the Tree of Life team.

Once we have laminated your leaf or fruit you will be able to place it on the tree.

The NICU Tree of Life team are Sarah-Jane Archibald, Harriet Garfield and Paula Weaver.

Any questions please email harriet.garfield@addenbrookes.nhs.uk

How is growing the tree useful to others?

Some parents have told us the experience of having a baby on NICU can feel like a roller-coaster with lots of ups and downs. Sharing stories of hope, special moments and words of support can be really helpful to other families.



Please phone 01223 217345 / 01223 217957 for further information, or talk to any member of staff on NICU about how you can find the Tree of Life team.