



HAND to HOLD

# Fragile Babies. Strong Support.

Hand to Hold is a community-based support program for parents of preemies, babies born with a special health care need and those that have experienced a loss due to these or other complications. Hand to Hold carefully matches seasoned parents (Helping Hands) with a new parent in need of support. These one-on-one relationships inspire hope and offer the chance to ask personal questions and receive support from someone who is uniquely familiar with the experience of preterm birth, life in the NICU, a child born with a special health care need, loss of pregnancy and/or infant loss.

In addition to peer-to-peer support, Hand to Hold provides ongoing information and resources to help prepare parents to best meet the needs of their babies and educates them about proper care and re-hospitalization prevention measures.

Our mission is to provide comprehensive resources and support programs to parents of preemies, babies born with special health care needs and those who have experienced a loss due to these or other complications.

Hand to Hold is a pilot project serving the Austin/Central Texas area. There is no charge for services. Hand to Hold will launch in the fall of 2010 and will provide a quarterly newsletter in English and Spanish, parent support groups, online social networking, quarterly discussion series, bereavement support, family outings, baby play dates and a comprehensive online resource guide.

Research has found that one-to-one support increased parents' confidence and problem-solving capacity and increased parents' acceptance of their situation and their sense of being able to cope.



Our vision is to enable a network of families to offer support, comfort and understanding to one another, and to provide them with knowledge, information and resources to ensure the best outcome for their children and family by:

- Empowering parents to advocate for their children
- Encouraging individual, couple and family counseling when needed
- Providing resources and information for managing insurance and financial issues
- Educating parents about the challenges their babies might face and prepare them to meet those needs
- Providing the tools and support necessary to help all children thrive and enjoy a full and satisfying life

***Want to Help?*** Become a "Helping Hand" parent mentor. All mentors must attend a one-time training session. For more information and training dates, please email us at: [volunteer@handtohold.org](mailto:volunteer@handtohold.org) or call: **(512) 293.0165** | [www.handtohold.org](http://www.handtohold.org)