

Alberta Family Integrated Care (FICare)

Why Does Alberta FICare Matter?



In Alberta, about 1 in 10 babies is born too soon (preterm)



Preterm babies are at greater risk for health complications and require care in a neonatal intensive care unit (NICU)



The NICU environment is stressful for parents



Early involvement of parents in care has many benefits



What Are the Benefits of Alberta FICare?

FOR PARENTS

Increased confidence. When parents are confident in caring for their baby in the NICU, they can go home sooner, if the baby is medically ready.

Decreased stress and anxiety.

Fewer symptoms of post-partum depression.

FOR BABIES

Parents' participation in care helps their babies to:

- Stabilize their breathing and heart rate
- Breastfeed
- Gain weight
- Have decreased needs for breathing and feeding supports

An early relationship with your baby supports healthy brain development.