

The Little Miracles Trust exists to support families through the stress and anxiety of their neonatal journey

Parents, please 'Think REF!'

That's **R**est, **E**xercise and **F**ood.

Parents on a neonatal journey can often find it overwhelming.

Finding the balance to look after yourself can be forgotten.

A happy, rested and high functioning parent enhances the health of your baby - numerous studies have shown babies do better being interacted with, read to and cuddled.

These are all things parents are more likely to do if they are feeling good themselves.



Learn more, and access all of our other support resources, at:

littlemiracletrust.org.nz/support

the little
miracles
TRUST