

WHAT IS MENTORING?

The Antepartum/NICU mentoring program was created to build relationships based upon common experiences allowing women to have someone to lean on and connect with as they go through a trying and complex pregnancy/ NICU journey.

What personal qualities make a good mentor?

- Enthusiasm
- Respectfulness
- Dependability
- Effective listening
- Shared experiences
- Compassionate

What is Antepartum/ NICU Mentoring?

The mentoring relationship should be a friendship based on trust, confidentiality, mutual respect, compassion, and sensitivity. You should be prepared to check in with your paired mother or NICU family, actively listen, discuss challenges, review achievements since the last conversation and develop a follow-up connection plan. Your check in dates can be as flexible as needed and are encouraged to be time limited.

Tips

- Make introductions
- Ask basic questions
- Share ideas
- Tell stories
- Dig deeper if needed by using open-ended questions
- Listen with compassion
- Offer encouragement
- Provide on-line, printed and community resources as needed (Provided by the program)
- The Perinatal Nurse Navigators will contact you to discuss and provide guidance on mentoring.