

Emily was in shock.

Last week, her seven-month check-up had gone off without a hitch. Now, only days later, she found herself at the hospital, about to step into her new role as a mother two whole months before she had planned.

Her labor had started, and it was too late to slow it down. Emily was struggling to process how quickly everything was happening, and trying to rapidly come to terms with the reality that she was going to have a baby that very day. Then, she gave birth to her daughter. After seeing her baby for the briefest of moments, she was whisked away without warning.

The nurse told her that the baby was okay, but she needed a lot of extra care; she'd be in the NICU for at least a month. Emily could hardly grasp what she was hearing. Her body went into sheer panic as she struggled to fully comprehend what had just happened and what was wrong with her baby. It seemed like no one around could explain what was happening or understand what she was going through.

Many infants go into neonatal intensive care at birth, but truthfully no mother is prepared for it. Like Emily, it is normal for these new moms to feel extreme distress, anxiety, and shame. Emily couldn't nurse, couldn't sleep, couldn't bring her baby home and bond with her. She had no one to talk to... until her lactation nurse showed her the Nesting app.

Emily immediately had access to specialized therapists, virtual support, and local meetups with other moms. The app offered courses on neonatal care, nursing struggles, and postpartum anxiety. It allowed Emily to go on a customized journey with tips and prompts that she could turn to as frequently as she needed. She was able to find the resources and support she needed, during a time she didn't even realize what she was going through.

Now Emily has three school age children, and continues to offer peer support to new NICU moms. She remains active on the Nesting platform because she knows the difference it made for her. Emily always reminds other moms that they are not alone in how they're feeling; the help is there, they just need to know where to find it.