

Neonatal Sibling Resources

APPS

Nell & the Neonatal Unit



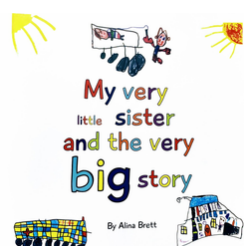
Nell and the Neonatal Unit is an engaging and interactive app designed for pre-school and primary school-aged children (approx. 3–8 years) to help them understand the neonatal environment.

Through interactive stories, familiar sounds, and friendly explanations, the app introduces them to the equipment, staff, and different journeys babies and families may experience.

With fun and engaging games, tools to support big emotions, and thoughtful conversation starters, Nell and the Neonatal Unit helps parents and siblings connect, making the experience feel less overwhelming and more familiar.

Find out more at www.childhinnovations.co.uk

BOOKS FOR SIBLINGS



My Very Little Sister and the Very Big Story – Alina Brett

Written and illustrated by a sibling, this book shares what it was like when her baby sister spent time on the neonatal unit. It offers a gentle look at the experience through the eyes of a young child, including some of the feelings and questions that can come up for brothers and sisters.

The Invisible String – Patrice Karst

A comforting children's story that imagines an unseen thread connecting loved ones, no matter where they are. Through gentle narrative and warm illustrations, it helps young children understand how they can feel connected to a parent, sibling or caregiver even when separation is unavoidable.



VIDEOS & AUDIO



Neonatal Siblings – A Perspective (Spoons)

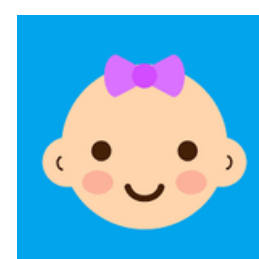
<https://www.youtube.com/watch?v=9ozodynCmPQ>

A heartfelt short video where children who have siblings in neonatal care share their experiences in their own words. It offers insight into the emotions, challenges and moments of connection from the sibling's point of view.

Let's Talk Siblings! – vCreate Podcast

<https://open.spotify.com/episode/3nE5ByvS6hAZyX5rjZ4fWC>

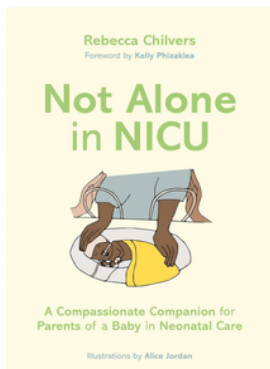
A 20-minute podcast featuring parents and a neonatal nurse who discuss how to integrate siblings into the neonatal journey. Practical tips and lived-experience reflections make this a useful listen for families navigating NICU.





Neonatal Sibling Resources

FOR PARENTS



Not Alone in NICU: A Compassionate Companion for Parents **Rebecca Chilvers**

A supportive guide designed to help parents navigate the emotional and practical realities of neonatal care. Alongside its reflections on coping, communication and family wellbeing, the book also includes a dedicated chapter on supporting siblings during a neonatal admission, offering thoughtful guidance on helping brothers and sisters feel included, reassured and connected.

CHARITIES & SUPPORT SERVICES



Noah's Star (Little Stars Charity)

<https://www.noahsstar.co.uk/>

A charity focused on supporting siblings and families during a neonatal journey. They offer sibling-friendly activities, emotional support, and practical resources to help families stay connected and supported while caring for a baby in neonatal care.

Spoons – Sibling Support

<https://spoons.org.uk/getsupport/sibling-support/>

A dedicated programme offering sibling-friendly activity packs, emotional support for families while a baby is on the neonatal unit, and access to the moving video Neonatal Siblings – A Perspective.



Bliss

<https://www.bliss.org.uk/>

Practical guidance for families on preparing siblings, emotional responses, and helping them stay connected.

EXTRA SUPPORT

If you have concerns about your child's emotional wellbeing, support may be available from:

- Your neonatal psychologist (where available)
- Your GP or health visitor
- School pastoral team or SENCO
- The Neonatal Practice (info@theneonatalpractice.co.uk)